



*Living Life
My Way!*

POSITIVELY PACE OCTOBER 2016

TIGER SAFARI AT VALIR PACE

Tiger Safari is bringing the Zoo to Valir PACE

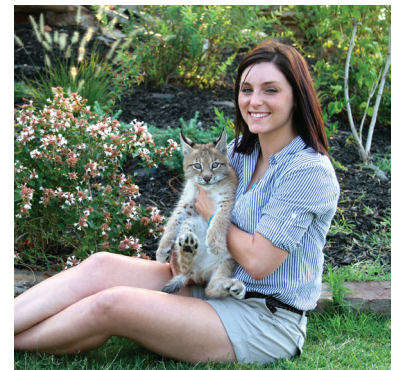
What would do you think about seeing an African Serval, Fennec Fox, Baby Lemur or a small clawed Asian Otter? Tiger Safari has the largest selection of domestic and exotic animals in the State of Oklahoma and they are coming to Valir PACE.



On Friday, October 14, Tiger Safari will be coming to Valir PACE, program of all-inclusive care for the elderly with a program called 'Zoo to You.'

One of the primary goals of the 'Zoo to You' program is to increase awareness of the animal kingdom, while encouraging participants to be environmentally conscious.

We look forward to having Tiger Safari visit Valir PACE and allowing our participants to interact and learn from this entertaining and educational opportunity.



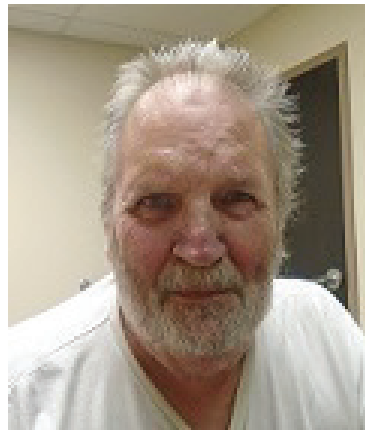
PACE Proclamations

IN LOVING MEMORY OF



Treva Downing
1950-2016

Until We Meet Again
Those special memories
of you will always bring
a smile, If only we could
have you back for just a
little while, then we could
sit and talk like we use
to do, Goodbyes are not
forever, Goodbyes are
not the end. They simply
mean, we will miss you,
Until we meet again !



Darrell Clarkson
1947-2016

No farewell words were
spoken, no time to say
goodbye, you were gone
before we knew it, only
God knows why, our hearts
will ache in sadness, and
secret tears will flow, what
it meant to lose you no one
will ever know...

AMAZONSMILE

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support Valir PACE Foundation every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Valir PACE Foundation.

How do I shop at AmazonSmile?

To shop at AmazonSmile, go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products

marked "Eligible for AmazonSmile donation" on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

How do I select a charitable organization to support when shopping on AmazonSmile?

The first time you visit AmazonSmile, you need to select Valir PACE Foundation as your charitable organization of choice to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make on AmazonSmile will result in a donation.

Clinical Corner

SMOKING CESSATION WHILE PROVIDING VACCINATIONS

Pneumococcal vaccine is recommended for all adult smokers

On average there are over 40,000 cases of and 5,000 deaths from pneumonia each year in the United States (U.S.). The Centers for Disease Control (CDC) and other highly respected health expert organizations recommend that all adult cigarette smokers get the pneumococcal vaccine. Cigarette smoking is the largest independent risk factor for invasive pneumonia in non-elderly healthy adults, with smokers being four times more likely to contract pneumonia than nonsmokers. The CDC recommends that healthcare providers, who offer the flu and pneumococcal vaccine, should offer counseling on smoking cessation to their patients who smoke.

Benefits of Quitting

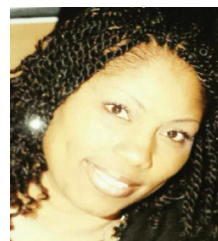
- Smokers, who quit, overtime restore their risk of contracting pneumonia to the same level as those who have never smoked.
- Quitting smoking is the single most important step that a smoker can take to improve their health.
- Quitting reduces a smokers risk for respiratory illness such as chronic cough, wheezing, bronchitis, and emphysema.
- Within 20 minutes of quitting smoking health begins to improve and the heart rate drops to a normal level.
- Within two weeks risk of heart attack begins to drop and lung function improves.
- Within one year risk of coronary heart disease is about half of that of a smoker.

Services Offered by Oklahoma Hospital Association

- The Oklahoma Hospital Association's tobacco cessation team will provide free assistance to help your facility promote evidence based tobacco cessation services.
- Provide regular consultation and guidance to assist your hospital and or clinic in the implementation of a tobacco-free culture.
- Recommendations and materials on best-practice tobacco cessation intervention.
- Access to Oklahoma Tobacco Helpline promotional materials, free of charge.
- For Assistance, please call Jennifer Smith or Eric Finley 405-427-9537 or visit us online at www.okoha.com/

References

- <http://www.cdc.gov/flu/protect/smoking.htm>
- <http://www.lung.org/stop-smoking/how-to-quit/why-quit/benefits-of-quitting/>
- *Morbidity and Mortality Weekly Report . s.l. : Centers for Disease Control , 2010.*



Meet our HHC: Felicia Stephens

Please welcome Felicia Stephens, as our new Homecare

Coordinator. Felicia has a Bachelor's Degree in Human Service. She has over 15 years of hospital experience as a CNA/ CMA/ Unit clerk. She brings a wealth of experience beyond that, as she is also Certified Advantage Case Manager and has eight years of experience as behavior Health Case Manager. Felicia loves to travel and volunteer at her church. In her free time, she also enjoys reading.

When you have a chance, please stop by and get to know Felicia. Valir PACE is very excited to welcome her to our family.

Healthy Habits

NUTRITION NEWS

Why Buy Seasonal Vegetables?

1. Reduced Cost. It is beneficial to buy fruits and vegetables when they are in season is that they are cheaper in the grocery store. Buying in season foods can dramatically reduce your grocery bill cost; when supply is high, cost will be low.

2. Flavor and Increased Nutrition. Buying in season increases flavor and nutrients in these foods. The produce is picked when fully ripe and developed increasing nutrient composition, color, and aroma.

Cinnamon Pecan Roasted Butternut Squash

- 1 large butternut squash (about 3 pounds), peeled, seeded and cut in 1-inch chunks
- 2 tablespoons olive oil
- 2 tablespoons maple syrup
- 2 tablespoons brown sugar, packed
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup pecan halves

Vegetable	Fruit
Sweet potatoes	Pears
Winter Squash	Peaches
Pumpkins	Apples
Broccoli	
Cauliflower	
Cabbage	
Radishes	
Other: Pecans and peanuts	

Directions:

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place butternut squash in a single layer onto the prepared baking sheet. Add olive oil, maple syrup, brown sugar, cinnamon and nutmeg. Gently toss to combine.
3. Place into oven and bake for 25-30 minutes, turning once, until tender. Add pecans during the last 10 minutes of cooking time.
4. Enjoy!

<http://damndelicious.net/2015/10/07/cinnamon-pecan-roasted-butternut-squash/>

<http://localfoods.about.com/od/searchbystate/a/oklahomaseasons.htm>

THERAPY TIPS: FALL PREVENTION

6 Steps for Preventing Falls Among Your Older Loved Ones

1. Enlist their support in taking steps to stay safe.
2. Discuss their current health conditions.
3. Ask about their last eye checkup.
4. Notice if they're holding onto walls, furniture, or someone else when walking or if they appear to have difficulty walking or arising from a chair.
5. Talk about their medications.
6. Do a walk-through safety assessment of their home.

Reference: <https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/6-steps-to-protect-your-older-loved-one-from-a-fall/#.V9dYO-jVDvs.email>

Services & Celebrations

TERRA-COM WIRELESS

DID YOU KNOW??

There is a FREE Government cell phone program to those who qualify. Terra-Com Wireless is a provider for this service and has locations throughout the metro area. The Social Work Department at Valir PACE recently had a representative come to the center to enroll participants in the program. Participants received a flip phone, 500 minutes of talk time a month and unlimited text messaging for free. No monthly fee is required. There is also an option to purchase extra minutes for those participants who need additional talk time. For those who enjoy technology there is also the option to get a touchscreen phone with a \$25-\$50 activation fee or an iPhone for a \$60 activation fee*

To qualify for this Government program the following items are required and must be shown at the time of enrollment:

- A. A current photo ID which is not expired.
- B. Oklahoma Healthcare Authority card (Medicaid card), **OR** SNAP Benefits card for food assistance **OR** Social Security award letter showing your annual Social Security income is below \$16,038 for a household of one or \$21,627 for a two person household.

Notice: *If you already have a phone from a Government sponsored program, you MUST disenroll from that program before applying for this program.*

Also, you will not be able to keep your previous phone number.

*The touch screen and iPhone also require you to have home internet service to provide data, which will create additional monthly charges.

If you would like additional information on this program you can call the Terra-Com office Valir used by calling (405) 241-9614. Ask for Karla or Donald.

HAPPY BIRTHDAY

Mcwhorter C — 10/3

King A — 10/9

Coleman A — 10/26

Kahre A — 10/4

Parker — 10/10

Fife C — 10/27

Mcwherter P — 10/6

Shaw L — 10/20

Longenberger J — 10/27

Graves M — 10/6

Grigsby M — 10/23



Resources & References

FLU SEASON

Flu Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever+ or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

When to Seek Medical Attention

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are very sick or worried about your illness, contact your health care provider (doctor, physician's assistant, etc.).

Certain people are at greater risk of serious flu-related complications (including young children, elderly persons, pregnant women and people with certain long-term medical conditions) and this is true both for seasonal flu and novel flu virus infections. If you are in a high risk group and develop flu symptoms, it's best for you to contact your doctor. Remind them about your high risk status for flu.

Who should get a flu shot?

The CDC recommends that everyone 6 months of age and older get an annual seasonal flu vaccine. It takes about 2 weeks after vaccination for antibodies to develop in the body that protect against the flu virus. It's best to get vaccinated before the flu begins spreading in your community to protect yourself and your family.

We also recommend that people at a higher risk for serious complications from flu receive a flu vaccination as well. Those at a greater risk include pregnant women, anyone with asthma, diabetes, chronic heart and lung disease, or other chronic health conditions. Parents, caregivers of infants and toddlers, and anyone who lives with or cares for someone at high risk for complications should also get the vaccine.

For more information about the flu, you can visit www.occhd.org/eng/health-services/seasonal-flu.

OCTOBER 2016

MON	TUE	WED	THU	FRI
3	4	5	6	7
8:30-10:00 Breakfast 10:15 Trivia 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:00 Walking Club 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bible Study 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:15-2:15 Bingo 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bible Study 10:45-11:15 PT Exercise 11:30-12:00 Nutrition 12:15-1:00 Lunch 1:00 Arts & Crafts 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:15 Cooking Class 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:00 Movie & Popcorn 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Meditation 10:45-11:15 PT Exercise 11:30-12:00 Nutrition 12:15-1:00 Lunch 1:00- 2:00 Depression / Anxiety Group Counseling 2:15-2:45 OT Exercise 3:00- 5:00 Open Studio
10	11	12	13	14
8:30-10:00 Breakfast 10:15 Arts & Crafts 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:00 Movie & Popcorn 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bible Study 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:00 Bingo 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bible Study 10:45-11:15 PT Exercise 11:30 -12:00 Nutrition 12:15-1:00 Lunch 1:00 Karaoke 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:15 Cooking Class 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:00 Arts & Crafts 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Meditation 10:45-11:15 PT Exercise 11:30-12:00 Nutrition 12:15-1:00 Lunch 1:00- 2:00 Depression / Anxiety Group Counseling 2:15-2:45 OT Exercise 3:00- 5:00 Open Studio TIGER SAFARI 1:00-2:00
17	18	19	20	21
8:30-10:00 Breakfast 10:15 Fancy Nails 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:00 Wii Bowling 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bible Study 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:00 Bingo 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bible Study 10:45-11:15 PT Exercise 11:30 -12:00 Nutrition 12:15-1:00 Lunch 1:00 Arts & Crafts 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:15 Cooking Class 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:00 Fancy Nails 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Meditation 10:45-11:15 PT Exercise 11:30-12:00 Nutrition 12:15-1:00 Lunch 1:00- 2:00 Depression / Anxiety Group Counseling 2:15-2:45 OT Exercise 3:00- 5:00 Open Studio October Birthday Celebration
24	25	26	27	28
8:30-10:00 Breakfast 10:15 Balloon Toss 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:00 Ring Toss 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bible Study 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:00 Bingo 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bible Study 10:45-11:15 PT Exercise 11:30 -12:00 Nutrition 12:15-1:00 Lunch 1:00 Table Tennis 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:15 Cooking Class 10:45-11:15 PT Exercise 12:15-1:00 Lunch 1:00 Fancy Nails 2:15-2:45 OT Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Meditation 10:45-11:15 PT Exercise 11:30-12:00 Nutrition 12:15-1:00 Lunch 1:00- 2:00 Depression / Anxiety Group Counseling 2:15-2:45 OT Exercise 3:00-5:00 Open Studio
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Halloween Carnival	ACTIVITIES ARE SUBJECT TO CHANGE			

Valir PACE Foundation
721 NW 6th St
Oklahoma City, OK 73102

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Special Notice

AVAILABLE POSITIONS

Valir PACE is growing and currently hiring for the following positions. Bilingual applicants fluent in Spanish are encouraged to apply. Please apply at: <http://valirhealth.com/Jobs.aspx>.

Full time Licensed Registered Nurse – M-F, 8 a.m. - 5 p.m.

Full Time Occupational Therapist

Full Time Licensed Practical Nurse (multiple positions available) - M-F, 8 a.m. - 5 p.m.

Full Time Certified Nursing Aide/Certified Home Health Aide (multiple positions available)