



***Living Life
My Way!***

POSITIVELY PACE

MAY 2017

National Nurses Week, May 6-12

It is all about celebrating and honoring the vital work that nurses do in the healthcare industry. We are especially grateful for the hard work and dedication that our nurses at PACE provide each day to our program and to each of our participants. Whether it be in direct patient care or assessing them for the program. Without our nurses, our participants would not be thriving and able to remain safe in their homes, and 'Live Life their Way!'

Please take the time to thank a nurse when you see them, especially during National Nurses Week. We appreciate each of you for the care, compassion and countless hours you give and are so grateful that you have chosen to give your time to Valir PACE.

Read more about our nurses and why they have chosen this admirable profession and what PACE means to them.

*Thank
you*

for everything you do

EMPLOYEE SPOTLIGHTS



Sara Brickey, RN

Why did you choose nursing as a career field?

I wanted to make a difference. I am passionate about the fact that all people deserve quality healthcare delivered with respect and compassion. I can say that working at PACE I can see the difference that I make each day.

What is your favorite PACE memory?

There are so many favorite memories that I am hesitant to select one, however I can say without a doubt that one thing I enjoy is educating and partnering with my patients. When I see the progress and success that occurs after my patients and I have worked together to accomplish a goal and then we celebrate the desired result that has been a long time coming.



Andrea Arnold, RN

What is your favorite PACE memory?

I love getting hugs from the participants. They are so appreciative when they have someone listening to them and are grateful for the care they

are receiving at Valir PACE and I am the lucky recipient of the hug.

What would you tell a nurse considering a career at PACE?

Nursing at PACE is different from anything else you might ever do in nursing. I have never worked where the needs of the participant drive the result. At PACE we are able to think outside the box and there is not the hoops to jump through to get the care they need at PACE, like there is in the traditional insurance programs they may have had in the past. The participants are so appreciative because they have often had barriers to care in the past.



Julie Bergfeld, RN Assessment Nurse

What is your favorite PACE memory?

My first week at work was the two-anniversary celebration of PACE. It was amazing to see all the participants having fun,

dancing and enjoying themselves!

Why do you think being a nurse at PACE is special?

As the assessment nurse, I love to being able to go into someone's home and recognize how much we can enrich their lives and what we can do for them, given the healthcare challenges they may be facing. Once they are on the program I love being able to visit them in the center and see how much they progressed or how happy they are that they chose to come onto the PACE program. I am able to see the entire process from the beginning to the end and that is very special and not something you are able to see in all nursing jobs.



Nicole Jones, RN

Why did you choose nursing as a career field?

I always knew I wanted to be a nurse, it was never a question. I wanted a job where I able to help people and continue to learn. I have always been

passionate about the nursing field, however due to some of the things I experienced when my mom was sick and ultimately passed away, it changed the way I nursed and how I care for my patients. While that loss was painful, it ultimately made me into a better nurse.

Why do you think being a nurse at PACE is special?

In a typical nursing role, you lose contact with your patient, however with PACE you develop a close special relationship with them and their family and take the journey with them. It's something you can't experience anywhere else, but that can be more difficult too, for instance, when they are sick or if they pass away. But then you remember why you are doing it and know that you made a difference to that participant and their family and they made a difference to you, so it all becomes worth it.

This is the hardest job I have ever done, but it is by far the best job I have had. I have not been able to get this feeling anywhere else, it is so special and so rewarding.



Karen Barrett, RN Case Manager

Why do you think being a nurse at PACE is special?

Being a nurse here you are able to get to know your patients on a more personal level and see the positive impact PACE is

making in their lives. I was an ER nurse for many years before, and while I enjoyed it, you treated them and released them so it wasn't as personal.

My mom is in a PACE program in Pennsylvania. She has Parkinson's and it has allowed her to remain independent and in her own home. Since I am so far

away from her I feel better knowing the wonderful care she is getting from a program like PACE. I am excited to be able to impact others the way she is being impacted.

What would you tell a nurse considering a career at PACE?

You are so involved on so many levels with the patients and their families. I enjoy that you make a difference in their lives and you can see the impact that you are having. That is why nurses tend to get into the field and this is a great place to do it. But make no mistake it can be difficult, but rewarding.



Joyce Slater, LPN

Why did you choose nursing as a career field?

I didn't choose nursing it chose me. I always felt I was called to be in the service of others and what a better way to do it than to be a nurse. In nursing, you can touch

people's lives and in turn they touch yours each day.

Why do you think being a nurse at PACE is special?

My first day when I attended the Interdisciplinary Team meeting I felt the atmosphere was special. I noticed immediately it wasn't like any other place I had ever worked before. Everyone was welcoming and most importantly, we started our day with a motivational message. I have never worked anywhere there was a motivational message, it sets the pace for the day and it's a good pace. I am so glad that I am here - I love it. Everyone here cares about keeping our seniors in their home and active in the community.



Brian Jones, LPN

What is your favorite PACE memory?

I enjoy being able to see the immediate impact we make on someone's life when they join the PACE program. Seeing a participant who felt comfortable

enough to smile after receiving much needed dental work. Prior to coming on to Valir PACE this participant had not been able to receive the dental work they needed, but when they did get it they were so proud they could not stop smiling. You couldn't help smiling just to see someone that happy.

Why do you think being a nurse at PACE is special?

PACE is special because you get to affect so many aspects of a patient's life. You see the significant progress they make and help the families along the journey.



Carla McDonnell, LPN

Why did you choose nursing as a career field?

I became a nurse because at the end of the day I wanted to make a difference to someone. If I can make them smile, or make them feel better then I feel I have done

my part. It is so nice to see the change that can occur in people when they get the right care.

What would you tell a nurse considering a career at PACE?

PACE is so focused on the individual and the care they need. Here I do not feel the need to rush to deliver the care that is needed. Anyone that wants an individualized, patient care approach would love Valir PACE. What we do here is really special. I love it.

SAY NO TO SALTY DIETS

Why should you have Less Sodium (Salt) in your Diet?

There are several chronic diseases that may warrant you to begin limiting your sodium intake.

- **Hypertension (High Blood Pressure).** As sodium and fluid buildup in your tissues and bloodstream, your blood pressure increases. High blood pressure may increase your risk for a stroke and/or cause damage to other organs
- **Kidney Disease.** High blood pressure can cause damage to your kidneys. This damage may cause your kidney function to be poor, resulting in even more fluid and waste buildup in the body.
- **Liver Disease, Heart Failure, and Shortness of Breath.** Too much sodium may cause a buildup of fluids around your heart, stomach, lungs, and legs. This may make your blood pressure too high, cause difficulty breathing, and put stress on your heart and liver.

Even if you take a pill for blood pressure or a water pill (diuretic) to remove fluid, it is still important to have less salt in your diet.

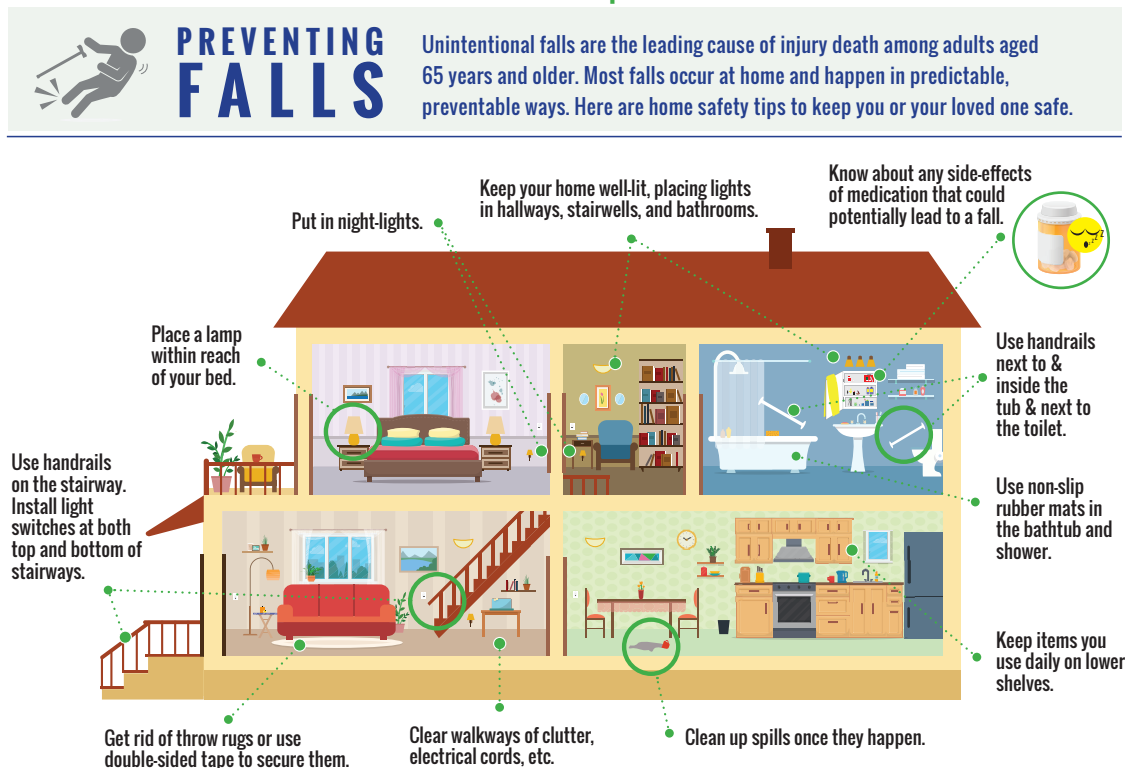
Due to these many chronic diseases, Valir PACE has decided to remove salt shakers from the dining room tables to help you limit your sodium intake. The nutrition information for each meal is now posted near the kitchen and lists the milligrams of sodium each menu item has in it so you can be aware of how much sodium is in certain foods. Mrs. DASH (salt-free flavoring) is now available at all times. Table salt is available upon request, please ask a staff member if you wish to add extra salt to your meal while at PACE.

Please make an appointment with your Dietitian Zella Classen, RD/LD if you have further questions or need more information.

https://www.nutritioncaremanual.org/client_ed.cfm?ncm_client_ed_id=121

PREVENTING FALLS TIPS

Home Safety Guide





Dave Clawson grew up in Bethany, Oklahoma in a strict but loving, Christian home with wonderful parents. He married right out of high school and was called to pastor, first in Pawnee, Oklahoma and then in Higgins, Texas. However, after several years and some “unwise”

decisions he found himself divorced, back in Oklahoma City where he fell in with the wrong crowd. After partying, working in jobs that were less than desirable for someone that had a degree, Dave found himself depressed and ultimately ended up living on the streets.

He recalls one specific day he went into the public library. He knew he smelled badly because others around him moved away when he sat down. However he had decided he was going to commit suicide and began to research various ways to accomplish this. Mr. Clawson remembers the link he clicked on, but that was not what came up on the screen; instead it was poems and stories from family members who had lost

loved ones to suicide and he began to read them. As he did, he started to weep. He wept so loudly that ultimately, the library personnel asked him to leave. That day, those stories and poems were a turning point for Mr. Clawson.

Luckily throughout all of his ups and downs, his son, had never given up on him. He reached out to him and his son helped him get into treatment, and ultimately back into the Lord’s arms.

Many people, besides his son helped him on his journey back and Dave is so grateful. He noted he is especially grateful to Dr. Walsh and Ms. Seal at Crossings Clinic that helped him through so many of his health challenges the last two and a half years. Dave refers to them as angels that shared the gift of Valir PACE with him.

Mr. Clawson states he has hope in his heart again since being at PACE. He is excited to work towards his physical therapy goals so he will reduce his number of falls. Prior to coming onto the program he had no social life, but he is filling that void and making friends each time he is here. “I love it here, PACE is so special to me.” You are special to us Mr. Clawson, thank you for sharing your story and the beautiful poem you wrote about your journey.

The Re-Birth of Dave

Written by: Dave Clawson

As I look back
Upon this life of mine
Of where I was and am today
This is what I find

I would drink
Smoke some weed
I have even smoked some crack
And never looked back

Often when I partied
I used sex like a drug
A part of being accepted
Then swept it under a rug

Today I see
Where I am within
I know I was making issue
Living a life of sin

Since I came back to the One
Who filled the void inside
Straight to the heart – In Him
Forever to Abide

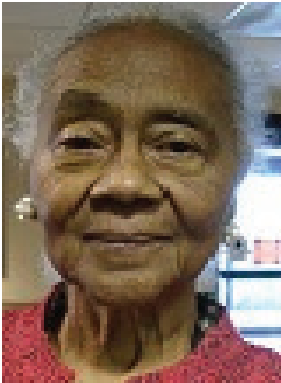
I choose not to do the things
I did back then
But put forth the effort
To be holy within

I don’t want a cheap salvation
Or Grace this I know
Mine was bought with a price
More precious than gold

No drug house or bar
Has offered me more
Than what I have found today
In Jesus Christ my Lord

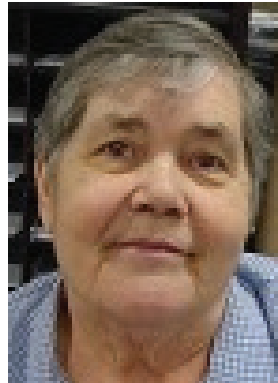
Trusting Him I find
Life as an open door
For Jesus takes me higher
Than I’ve ever been before.

IN LOVING MEMORY OF



Florence English
1936-2017

God looked around his garden and found an empty space, then he looked down upon this earth and saw your tired face, he put his arms around you to rest. God's garden must be beautiful, he only takes the best. PACE will miss your smiling face, but we know he only takes the best.



Marlene Ford
1937-2017

In a bittersweet moment another angel has found their wings. PACE just wants you to know that you are always in our thoughts. We know you are in God's care. That is how it should be, but when we make it to heaven he will give you right back to us. May your soul rest in peace sweet angel.



Zeke Griffis
1948-2017

Our lives go on without you, but nothing is the same. We have to hide our heartache when someone speaks your name, your heart was so kind and true and when we needed someone we could always count on you. The special years will not return, but with love in our hearts you will walk with us forever...



Michael Nugent
1948-2017

God called your name so gently that only you could hear. No one heard the footsteps of angels drawing near. Softly from the shadows there came a gentle call. You closed your eyes and went to sleep and quietly left us all.



MAY 2017 Activities and Fitness Calendar

MON	TUE	WED	THU	FRI
1	2	3	4	5
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:15 Bible Study 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 2:15 Open Gym	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Arts & Crafts 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:30-10:30 Bingo 10:30 Bible Study or Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym
8	9	10	11	12
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Bible Study 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 2:15-4:45 Open Gym	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Wii Game 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:30-10:30 Bingo 10:30 Bible Study or Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym
15	16	17	18	19
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Bible Study 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 2:15 Open Gym	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Bowling 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:30-10:30 Bingo 10:30 Bible Study or Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym May Birthday Celebration
22	23	24	25	26
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Bible Study 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 2:15 Open Gym	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Balloon Toss 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:30-10:30 Bingo 10:30 Bible Study or Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym
29	30	31		
Closed for Memorial Day	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Bible Study 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 2:15 Open Gym	Calendar is Subject to Change Daily	

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

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PERSONAL BELONGINGS

Please note, PACE cannot be responsible for the security of your personal belongings on the vans or in the PACE center. Please DO NOT bring items of value such as cash, jewelry, or laptops. We encourage that you do not bring more than one carry-on bag with you to PACE as space on the buses are limited. If you have items that you wish to bring to PACE, we can try to identify a place to store those items at PACE for your use. Your walkers must be able to fold for proper secure storage on the bus, thus you may not keep bags on your walkers that cannot be removed.

Thank you for your cooperation!

HAPPY BIRTHDAY

T. Sheehan — 5/3	J. McCain — 5/16	S. Craft — 5/23
B. Zbavitel — 5/9	L. Campbell — 5/18	C. Stark — 5/26
V. Simmons — 5/10	T. Lyon — 5/18	S. Gibson — 5/30
R. Martin — 5/12	G. Slater — 5/19	M. Gray — 5/31
A. Hurley — 5/14	J. Byus — 5/21	

