



***Living Life  
My Way!***

## **POSITIVELY PACE MAY 2016**

**May 19 & May 26** – Enjoy Bingo with Visiting Angels

**May 27** – YMCA Senior Fund Day Outing

Please join us daily at 11:30 and 2:00 for group exercise

### **AMAZON SMILE**

#### **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](https://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.

*Find out more about AmazonSmile and how to support Valir PACE on the next page.*

# PACE Proclamations

## AMAZON SMILE

### How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to [smile.amazon.com](https://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](https://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?

On your first visit to AmazonSmile ([smile.amazon.com](https://smile.amazon.com)), 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 at [smile.amazon.com](https://smile.amazon.com) will result in a donation.

## UTI PREVENTION

### These simple steps can help you avoid a urinary infection:

- Wipe from front to back.
- Participants that wear diapers, pads, or briefs should change or be changed on a regular basis.
- Do not hold your urine, go right away as soon as you need to go.
- Drink plenty of water.
- Cranberry actually changes the surfaces of E.coli bacteria so that it cannot bind to the urinary tract. Check with your doctor about cranberry juice or tablets to prevent UTI'S, as cranberry may not be good for those with a history of kidney stones or for those on blood-thinners.

### Signs of a UTI in older adults can include:

- Incontinence;
- General confusion;
- Inability to do basic tasks that are normally not a problem;
- Painful burning upon urination and frequency.

If you think you have a UTI, **contact your nurse right away.**

# Clinical Correctness

## MEDICATION REMINDER

PACE will continue to utilize the CareKinesis Pharmacy , but will no longer receive bulk medications on a monthly basis. Bulk medications include , but are not limited to items such as insulin, inhalers, nebulizer treatments, liquid medications, powders, and patches. Examples of these medications are Lantus (pens or bottles), Novolog , Albuterol, Duoneb, Ventolin , Symbicort, Maalox, Nystatin, and Lidocaine patches. This change will require you to request your medications. When you have a five day supply of the medication left, please notify your nurse care manager to request a REFILL. You WILL NOT get a refill of the medication on the same day that you request it, unless a provider determines it is urgently needed. Please do not wait until you are out of the medication to request a refill.

As a reminder, this is the same procedure for “As needed “ medications. When you have a five day supply of medication left, you should request a refill from your nurse care manager. As needed medications WILL NOT be refilled same-day, unless provider determines it is necessary. This change will allow PACE staff to better monitor your medication needs. Please let PACE staff know if you have any questions regarding this change.

Thank you for allowing us to serve you!

## PREVENTING URINARY TRACT INFECTIONS

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# Healthy Habits

## NUTRITION NEWS

### Commodity Supplemental Food Program

What is CSFP? The Commodity Supplemental Food Program works to improve the health of low income elderly persons at least 60 years of age by supplementing their diets with nutritious USDA FOOD.

What foods are provided to participants? Food packages include a variety of food, such as nonfat dry and ultra high temperature fluid milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables.

For more information on how to apply please see the PACE Dietary Staff.

## THERAPY TIPS: FALL PREVENTION

### GET SOME EXERCISE.

Lack of exercise can lead to weak legs and this increases the chances of falling. Exercise programs such as Tai Chi can increase strength and improve balance, making falls less likely.

Be mindful of medications. Some medicines-combinations of medicines can have side effects such as dizziness or drowsiness. This can make falling more likely. Having a doctor or pharmacist review all medications can help reduce the chance of risky side effects and drug interactions.



Keep vision sharp. Poor vision can make it harder to get around safely. Older adults should have their eyes checked every year and wear glasses or contacts lenses with the right prescription strength to ensure they are seeing clearly.

Eliminate hazards at home. About half of all falls happen at home. A home safety check can help identify potential fall hazards that need to be removed or changed, such as tripping hazards, clutter, and poor lighting.

**Please notify the PACE Center if you happen to fall at 405.609.3688.**

# Socialization Services

## CODE OF CONDUCT

### In the PACE Center and on the bus

- We will be polite at all times to staff, visitors and other participants
- We will always show respect towards others, ourselves, and property
- We will always be honest and truthful
- We will take ownership of our actions
- We will resolve our conflicts in a positive manner

### While on the bus

- Drivers will only drop off participants at scheduled location
- Be Respectful
- No Profanity
- No food or drinks
- Transport will call 10-15 minutes prior to arrival
- No smoking
- Stay buckled during transport
- For your safety, please remain seated until the driver is available to assist you unloading
- **Please call PACE to cancel at least 30 minutes prior to pick up time**

## QUIT SMOKING

### 1-800-QUITNOW (784-8669)

The Oklahoma Tobacco Helpline is a FREE service available 24/7. They provide the tools and support you need to quit tobacco your own way. That includes free text and email support, phone and web coaching, patches, gum or lozenges and more for registered participants. Everyone has a unique way of quitting, pick the one that is right for you.



# Socialization Services

## TRANSPORTATION

### Valir Transportation

All drivers are trained in First Aid, CPR, mobility assistance securement, transfer safety, oxygen administration, and defensive driving. If you are in need of transportation services, please let PACE know and they will make the arrangements for you. If you need to cancel your transportation service, please call 405.609.3688.

### Embark Plus

EMBARK Plus is a curb-to-curb service for individuals with disabilities, which prevent them from using regular fixed-route bus service. EMBARK Plus gives qualifying persons the opportunity to plan their own transportation and maintain independence. To use this services please contact our social worker Annette, and she can help you complete and submit an application. Once approved, you can call EMBARK to schedule your trip at 297-3808. Reservations must be made 24 hours in advance.



# Special Notice

## HAPPY BIRTHDAY

**Teresa S.** — 05/03

**David S.** — 05/06

**Marlene F.** — 05/08

**Bill Z.** — 05/09

**Versie S.** — 05/10

**Joyce M.** — 05/16

**Michael N.** — 05/17

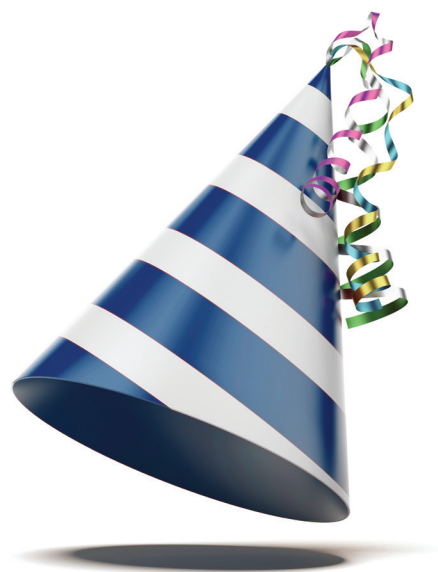
**Teresa L.** — 05/18

**Glen S.** — 05/19

**June B.** — 05/21

**Sharon C.** — 05/23

**Clarissa S.** — 05/26



## PACE ASSISTANCE

### Has PACE helped you?

If you know others to whom you think PACE could bring value, please encourage them to call us at 405.609.3688.

### Have medical questions or concerns?

Call PACE and speak to a physician or therapist who can provide you with answers without having to call you back.

### Not able to make it to PACE today?

Not a problem, just call and let us know. If you attend PACE using Valir Transportation, please let us know at least 30 minutes before your scheduled pick up time. Please call 405.609.3688 to let us know.

# MAY 2016

MON	TUE	WED	THU	FRI
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00 Open Studio 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00 Bible Study 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise/ Nutrition Class 12:00-1:00 Lunch 1:00 Bible Study 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Cooking Group 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 2:00 Group Exercise 3:00-5:00 Movie Day
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00 Open Studio 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00 Bible Study 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise/ Nutrition Class 12:00-1:00 Lunch 1:00 Bible Study 2:00 Group Exercise 3:00-5:00 Movie Day	8:30-10:00 Breakfast 10:30 Cooking Group 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 2:00 Group Exercise 3:00-5:00 Movie Day
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00 Open Studio 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00 Bible Study 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise/ Nutrition Class 12:00-1:00 Lunch 1:00 Bible Study 2:00 Group Exercise 3:00-5:00 Movie Day	8:30-10:00 Breakfast 10:30 Cooking Group 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo With Visiting Angels 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 3:00-5:00 Movie Day
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00 Open Studio 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00 Bible Study 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bible Study 10:30 Group Activity 11:30 Group Exercise/ Nutrition Class 12:00-1:00 Lunch 1:00 Bible Study 3:00-5:00 Movie Day	8:30-10:00 Breakfast 10:30 Cooking Group 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo With Visiting Angels 2:00 Group Exercise 3:00-5:00 Open Studio	YMCA SENIOR FUN DAY OUTING  1:00-2:00 Bingo 2:00 Group Exercise 3:00-5:00 Movie Day
<b>30</b>	<b>31</b>			
8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00 Open Studio 2:00 Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Group Activity 11:30 Group Exercise 12:00-1:00 Lunch 1:00 Bible Study 2:00 Group Exercise 3:00-5:00 Open Studio		<b>ACTIVITIES ARE SUBJECT TO CHANGE DAILY</b>	

# Personal PACE

PACE was created as a way to provide you, your family, caregivers and professional health care providers flexibility to meet your health care needs, and to help you continue living in the community.

## GRIEVANCES

**What:** A grievance is a complaint, either written or oral, expressing dissatisfaction with service delivery or the quality of care furnished.

**Who:** Who should you contact about a grievance? Any staff member can assist you with filing a grievance.

**When:** You may file a grievance with anyone at any time, in person, by phone, or in writing.

**Why:** Staff members at Valir PACE refer to grievances as OPPORTUNITIES! This process is in place to help us identify areas that we as an organization can make improvements and ultimately provide you with the best care possible.

# Satisfaction Survey

Please take the time to fill out and submit a participant satisfaction survey! Valir PACE strives to be the very best, but we need valuable input from you. All surveys are kept anonymous and go straight to your Quality Assurance Coordinator. If you need assistance filling out a survey please let one of the staff members know, and we will be happy to assist you. A participant satisfaction survey is attached for your convenience.

Satisfaction Scoring					
1. Poor	2. Fair	3. Satisfactory	4. Good	5. Excellent	
1. How satisfied are you with the amount of time spent in the PACE center?			1	2	3 4 5
Comments: _____					
2. Since your enrollment in PACE do you feel your life has improved?			1	2	3 4 5
Comments: _____					
I am satisfied with the overall process of treatment and response to my questions.			1	2	3 4 5
Comments: _____					
3. I would recommend Valir PACE to friends and/or relatives.			1	2	3 4 5
4. I was satisfied with the care I received from the following team members:					
(if unsatisfied please leave comments at the bottom to explain)					
a. Nursing Staff .....			1	2	3 4 5
b. Physician .....			1	2	3 4 5
c. Therapy (Physical Therapy, Occupational Therapy, Speech Therapy).....			1	2	3 4 5
d. Social Worker.....			1	2	3 4 5
e. Clinical Dietitian .....			1	2	3 4 5
f. Homecare.....			1	2	3 4 5
g. Center Aides.....			1	2	3 4 5
5. I was treated with dignity and respect at all times.			1	2	3 4 5
6. I am satisfied with the taste and temperature of the food.			1	2	3 4 5
7. How satisfied are you with the activities provided in the center?			1	2	3 4 5

We want each participant and their families to be comfortable and confident with the care they receive.

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_