



***Living Life
My Way!***

POSITIVELY PACE JULY 2016

THE OKLAHOMA LIONS MOBILE HEALTH SCREENING UNIT (MHSU) is coming to downtown Oklahoma City. It will be located at Valir PACE Foundation on NW 6th between Lee and Shartel on Tuesday, August 16, 2016. Please invite your friends, family, neighbors and help us spread the word about this wonderful opportunity. While they are on-site they may want to take a tour of Valir PACE and we will be happy to accommodate them.

All screenings are free to the public and no one is turned down. The visit of the MHSU is a function of the humanitarian services that are provided by the Lions Clubs of Oklahoma, including the Oklahoma City Westside Lions Club, and BlueCross BlueShield of Oklahoma. Valir PACE participants will have the option to have a health screening from 9 a.m. until 10 a.m. Screenings for family, friends, and the general public will take place between 10 a.m. and 2 p.m.



The Lions Mobile Unit is equipped to screen for some of the most critical health concerns of Oklahomans: glaucoma, diabetes, visual acuity, high blood pressure, cholesterol, basic pulmonary (lung) functioning and bone density problems.

Glaucoma and diabetes are two of the leading causes of blindness. Untreated, either disease can cause blindness. The vision tests are especially important for quality of life. High blood pressure and cholesterol levels, if left undetected

and untreated, can cause many heart-related problems. Both often do not cause any symptoms. Osteoporosis is a significant health threat, especially in women over forty years old. The Lions Mobile Unit is equipped with a bone density screening machine that helps detect possible bone density problems. Please be sure and note that women wanting the bone density test need to wear shoes and socks that can be easily removed (not pantyhose).

If you have questions about the mobile unit to be located at Valir PACE please call Diane Sarantakos, Valir PACE at 405-609-3690.

PACE Proclamations

IN LOVING MEMORY OF



David Starr
1950-2016

Enrolled: 4/1/15

God saw you getting tired and a cure was not to be. He wrapped you in his loving arms and whispered "Come With Me" ... You tried so hard to stay with us but the fight was not in vain, God took you to his loving home and freed you from the pain.



Dorothy Garcia
1937-2016

Enrolled: 4/1/15

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!

CRAFT FAIR RESCHEDULED

PACE has rescheduled the Participant Craft Bazaar for Friday, July 15 from 9 a.m. until 1 p.m. Participants can bring crafts they made at home as well as given time to create crafts during the day.

It is not only one of the participants favorite events, but ours too!

GIVE65



What is Give65?

We have been accepted to participate in the Give65 program designed to help non-profits receive donations. Starting July 1, Valir PACE's page (www.give65.org/valirpace) can start receiving donations. All donations received between July 1 and July 11 will count towards the Give65 online event being held July 12 through July 14. If we can raise the most money out of the non-profits accepted in the same category or have the most number of donors, Valir PACE will be awarded an additional \$10,000 from the Home Instead organization. The funds raised during this event will be used for participants to participate in off-site activities and go on field trips during their scheduled day at Valir PACE.

Clinical Corner

AFTER HOURS ON-CALL

How to use the after hours on-call system

Valir PACE has a nurse on call 24/7 for after hours Emergencies.

Call the Valir PACE number at 405-609-3688 and you will be able to speak to one of our nurses.

What is an Emergency

1. Shortness of breath (you can't breathe normally)
2. Falls
3. Stroke symptoms (altered mental status, slurred speech, can't move one side of body)
4. Chest pain
5. You fear that you may die

What is NOT an Emergency

1. If you have had diarrhea or nausea all day and didn't call your nurse, it can wait until the next day. Diarrhea and nausea are very common and usually it will work its way out in 24-48 hours, without any medication.
2. **The transport driver has not called me yet.**
Our nurses cannot get a hold of transportation until 7:30 a.m., so they do not know why your driver hasn't called.
3. **What time is transport picking me up?**
Most of these calls we get are when the nurses are driving to work, they cannot access their computers at that time to look this information up.
4. **What time is my appointment today?**
Again if you call between 7 a.m. and 8 a.m. the nurses are driving to work and do not have access to computers.
5. **Cancellations**
Please try to call during business hours which are 8 a.m. - 5 p.m. If you must cancel last minute, please either call before 10 p.m. or after 6 a.m. Our nurses do work during the day, so please respect their time for non-emergent cases.

Have medical questions or concerns?

Call PACE and ask for an appointment with your RN Care Coordinator.

Healthy Habits

NUTRITION NEWS

Have a Heart Happy Fourth!

Warmer weather means its grilling time! Enjoy this Fourth of July with your friends and family without over indulging in all those high fatty foods. There are all kinds of tasty foods to grill up, plus those sides, desserts and drinks to round out the meal. Here are a few tips to make your barbecue a little more heart happy.

- Go for grilled fish such as salmon, herring and trout.
- Buy chicken breast and remember to remove the skin (highest in fat and calories).
- What cut of meat to buy? Choose the cut of meat with the words "loin", "round", "choice" and "select". These are the leaner cuts of meat.
- Use a rack so that fat drips away from the food.

- Cut back on commercially made products like cookies, pies or cakes. These foods are made with shortening, butter and egg yolk which is high in saturated and trans fat.
- Try grilling fruit such as peaches, nectarine, pineapple and plums. The natural sugar content of the fruit will caramelize with the heat and give it great flavor.
- Choose low fat, reduced-fat and fat free cheese and condiments on your sandwiches and hamburgers.
- Cut back on the salt and avoid using seasoning such as teriyaki, soy and barbecue sauce.

Source: http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Heart-Healthy-Grilling-and-Barbecue-Tips_UCM_303146_Article.jsp#.V2Gfa0bwGUL; retrieved 6/15/16

THERAPY TIPS: REDUCE RISK OF FALLING

www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html

Talk to Your Doctor

- Ask your doctor or healthcare provider to evaluate your risk for falling and talk with them about specific things you can do.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines and over-the counter medicines.
- Ask your doctor or healthcare provider about taking vitamin D supplements with calcium.

Do Strength and Balance Exercises

- Do exercises that make your legs stronger and improve your balance. Tai Chi is a good example of this kind of exercise.

Have Your Eyes Checked

- Have your eyes checked by an eye doctor at least once a year, and be sure to update your eyeglasses if needed.
- If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes these types of lenses can make things seem closer or farther away than they really are.

Make Your Home Safer

- Get rid of things you could trip over.
- Add grab bars inside and outside your tub or shower and next to the toilet.
- Put railings on both sides of stairs.
- Make sure your home has lots of light

Services & Celebrations

TRANSPORTATION

Valir Transportation

Drivers call 10-15 minutes prior to arrival at your residence and will wait five minutes before leaving, if you do not answer the door. Please be respectful of not only their time, but other participants that need to come into the Center that day and be sure if you are not planning on coming to let us know in advance, or at the very least when the driver calls. Thank you for your assistance with this matter.

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.

CODE OF CONDUCT

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 Valir PACE to cancel at least 1 hour PRIOR to pick up time



HAPPY BIRTHDAY

Phillip R. — 7/2

James L. — 7/13

Susan M. — 7/10

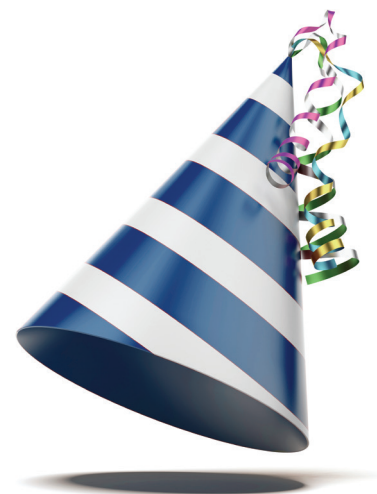
Louise B. — 7/19

Warren B. — 7/10

Floretta R. — 7/17

Jewell W. — 7/11

Daisy M. — 7/28



Resources & References

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.

RIGHT TO VOTE

EXERCISE YOUR RIGHT TO VOTE!

Now is the time to register to vote for the next President of the United States.

If you are registered and need to change your political affiliation (Republican, Democratic or Independent), you must make this change before August 31.

If you're registered to vote and have had health changes or if you haven't registered because you would find it difficult to get to your designated voting center due to a disability, you may qualify for the Absentee Voting in Oklahoma.

If you are registered and have moved **you must** inform the Oklahoma County Election Board so that a new voters card can be mailed to you. You can reach them by calling 405-713-1515. The Cleveland County Election board can be reached at 405-366-0210.

For further questions on registering, signing up for absentee voting or both, please ask for Annette, Social Worker or call her at 405-553-1164.



“Youth is a gift of Nature. Age is a work of Art.”

- G. Kanin

JULY 2016

MON	TUE	WED	THU	FRI
				1
ACTIVITIES ARE SUBJECT TO CHANGE DAILY				8:30-10:00 Breakfast 10:30 Name 5 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 2:00 Group Exercise 3:00-5:00 Movie Day
4	5	6	7	8
CLOSED IN OBSERVANCE OF THE FOURTH OF JULY HOLIDAY	8:30-10:00 Breakfast 10:30 Group Activity 11:00-11:30 Meditation 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 Family Feud 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 11:00-11:30 Meditation 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 Bowling 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 2:00 Group Exercise 3:00-5:00 Movie Day
11	12	13	14	15
8:30-10:00 Breakfast 10:30 Apples to Apples 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 Blurt 11:00-11:30 Meditation 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 Head bands 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 11:00-11:30 Meditation 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 9:00-1:00 Craft Fair 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 3:00-5:00 Movie Day July Birthday Celebration
18	19	20	21	22
8:30-10:00 Breakfast 10:30 Uno 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 Arts & Crafts 11:00-11:30 Meditation 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 Toss'n Talk About 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 11:00-11:30 Meditation 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 Trivia 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 3:00-5:00 Movie Day
25	26	27	28	29
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 11:00-11:30 Meditation 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 11:00-11:30 Meditation 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 Trivia 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 3:00-5:00 Movie Day

Special Notice

JULY 4TH

Valir PACE will be closed on Monday, July 4th in observance of the Fourth of July holiday. Please have a safe and happy holiday. Should an emergency arise, our providers are always on call to meet your needs. Please call 405-609-3688, if you need assistance.

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.