



*Living Life
My Way!*

POSITIVELY PACE SEPTEMBER 2016

MEDITATION



Valir PACE uses meditation as a non-pharmacological approach for participants to help manage items such as pain and grief

What is Meditation?

Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being. Mind and body practices focus on the interactions among the brain, mind, body, and behavior.

There are many types of meditation, but most have four elements in common: a quiet location with as few distractions as possible; a specific, comfortable posture (sitting, lying down, walking, or in other

positions); a focus of attention (a specially chosen word or set of words, an object, or the sensations of the breath); and an open attitude (letting distractions come and go naturally without judging them).

What the Science Says About the Effectiveness of Meditation

Many studies have investigated meditation for different conditions, and there's evidence that it may reduce blood pressure as well as symptoms of irritable bowel syndrome and flare-ups in people who have had ulcerative colitis. It may ease symptoms of anxiety and depression, and may help people with insomnia.



*For more information about meditation please visit:
<https://nccih.nih.gov/health/meditation/overview.htm>*

PACE Proclamations

IN LOVING MEMORY OF



Nancy Young
1938-2016

You may be out of our sight, but you will never be out of our heart. We may not see your face, but we will always remember your smile. We will never hear your voice again, but you will forever whisper in our ears. One day we will meet at heaven's gates and we will be with you again, this time it will be forever.

We will truly miss you Nancy

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

FLU SEASON

Flu Season is Around the Corner

Everyone 6 months and older should get an annual flu vaccine. It takes about two weeks after vaccination for your body to develop full protection against the flu. Get vaccinated to protect yourself and your loved ones!

Shorter days and cooler evenings. It is fall—and often the time that we start seeing people get sick with flu. By getting a flu vaccine for yourself and your entire family every season, you can help prevent flu-related illness, missed school and work and even more serious flu-related illness.

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or even death. Pneumonia and bronchitis are examples of serious flu-related complications. The flu also can cause certain health conditions, like diabetes, asthma, and heart and lung disease, to become worse. Even healthy people can become sick with the flu and experience serious complications. But even if you are one of the lucky ones who bounces back quickly from a bout with the flu, people around you might not be so lucky. Getting a flu vaccine is the single best way to protect yourself and your family from this serious disease.

Everyone Needs a Flu Vaccine – Every Flu Season

Flu viruses are constantly changing, and different flu viruses can circulate and cause illness each season. Flu vaccines are made each year to protect against the flu viruses that research indicates will be most common. Also, immunity from vaccination declines after a year. This is why everyone needs a flu vaccine every season.

While everyone 6 months and older should get a flu vaccine this season with rare exception, it's especially important for some people to get vaccinated.

Those people include the following:

- People aged 50 years and older;
- People with chronic lung (including asthma and COPD), heart (except hypertension), kidney, liver, neurologic, hematologic, or metabolic disorders (including diabetes mellitus);
- People who are immunosuppressed (including immunosuppression caused by medications or by human immunodeficiency virus);
- People who are residents of nursing homes and other chronic-care facilities;
- American Indians/Alaska Natives;
- People who are morbidly obese (body-mass index is 40 or greater);
- Health-care personnel;
- Household contacts and caregivers of children younger than 5 years and adults aged 50 years and older, with particular emphasis on vaccinating contacts of children aged younger than 6 months;
- Household contacts and caregivers of people with medical conditions that put them at higher risk for severe complications from influenza.

Healthy Habits

NUTRITION NEWS

5 Reasons to enjoy more Fruits and Vegetables

5) Convenient.

Fruits and veggies are nutritious in any form. Fresh, Frozen, Canned, dried, 100% juice. Nutrition quality does decrease the more processed the fruit/vegetable is, but something is better than nothing!

4) Vitamins and Minerals.

All fruits and vegetables have different vitamins and minerals our bodies need to function, maintain health, and to feel energized.

3) Fiber.

Fruits and vegetables are typically high in fiber, some higher than others. Fiber is important to help maintain a healthy gut; getting adequate fiber can help prevent colon cancer, diverticulitis, or constipation, and it can help reduce bad cholesterol. For older adults, it is recommended men eat 30 grams of fiber per day and 21 grams/day for women.

2) Low in Calories.

Fruits and vegetables are low in calories and help make you feel full! Eating the appropriate amount of fruits and vegetables can help decrease your overall caloric intake – this is especially important if you are trying to lose weight!

1) May Reduce Disease Risk.

Eating plenty of fruits and vegetables which are high in vitamins, minerals, and antioxidants can help reduce the risk of many diseases including heart disease, high blood pressure, and some cancers.

Resource: <http://www.fruitsandveggiesmorematters.org/> and <http://www.webmd.com/food-recipes/features/fiber-give-yourself-fresh-start-for-health#1>



Meet the Dietitian: **Zella Classen**

I am currently finishing my Dietetic Internship here at Valir PACE. I have a

Masters Degree in Dietetics from the OU Health Science Center. I will continue to work here with you as a Dietitian at Valir PACE. I am so excited to meet everyone and help improve your quality of life through nutrition. I interned here in February, and fell in love with the PACE program and each participant here! It is my pleasure to work with you every day! Thank you for your warm welcome!

THERAPY TIPS: FALL PREVENTION

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury.

Follow these safe tips to help prevent falls!

1. Find a good balance and exercise program
2. Talk to your health care provider
3. Regularly review your medications with your doctor or pharmacist
4. Get your vision and hearing checked annually and update your eyeglasses
5. Keep your home safe
6. Talk to your family members

Services & Celebrations

LIONS MOBILE HEALTH UNIT

Valir PACE (program of all-inclusive care for the elderly) and the Oklahoma City Westside Lions Club teamed up to provide free health screenings to the community on Tuesday, August 16th for some of the most critical health concerns facing Oklahomans. It was a successful day with many people taking advantage of the opportunity to receive this service. Valir PACE plans to partner with them Oklahoma Lions Mobile Health Screening Unit again in the future.



HAPPY BIRTHDAY

Dennis Y — 9/1

Cynthia M — 9/3

James W — 9/5

Daniel S — 9/8

Treva D — 9/8

Robert D — 9/9

Richard M — 9/9

Flossie R — 9/10

Kenneth C — 9/16

Carol M — 9/22

Ada C — 9/26



Resources & References

WINTER IS COMING: PREPARE NOW

If you're having trouble with affording repairs or being able to weatherize your home, help is available to those who qualify through Community Action Agency.

Program Overview

Emergency Home Repair is a unique program designed to effect repairs which constitute a health or safety hazard to the occupants. The program targets over sixty (60) areas in the community. Such repairs as roof replacement, heat installation, water or sewer line replacement and electrical repair are major concerns of the program. Trained carpentry staff also assist in deteriorated floor and porch replacement and/or the installation of wheelchair ramps. The mission of the program is to provide these services to qualified home owners unable to afford such repairs, eliminating the possibility of accidents, illnesses and possible homelessness.

Objectives of the program:

The objective of this program is to eliminate specific health, safety and sanitary hazards for residents by improving the electrical and or plumbing, installing central heat, and contracting for roof repair. The program also provides self-help material to area residents capable of performing their own emergency repairs.

Qualifications and requirements:

- Applicant must be a resident of the designated target areas in Oklahoma City.
- An application for assistance must be completed.
- The home being repaired must be occupied.
- Copy of warranty deed must be provided to show proof of ownership.
- Applicant must provide TOTAL yearly income of all persons occupying the home and/or on the warranty deed and meet income guidelines.

- Requested repairs must be determined to be of an emergency nature.

The Weatherization Program can help with sealing windows and caulking to door installation, attic insulation, major air infiltration, glazing windows, and the installation of storm windows as needed. Through technology, computerized blower doors detect all air leakages in homes and calculates the most feasible and cost effective repairs. The emphasis on health & safety concerns are also important such as carbon monoxide sensors, open flame heaters removed, and smoke detectors to name a few.

Objectives of the Program:

The Weatherization program is designed to make your home more weather-tight and energy efficient by providing attic and wall insulation, minor roof repairs, replacing exterior windows and doors, window caulking, minor wall and floor repair, and weather stripping. The objective of the program is to have a significant impact by reducing energy consumption, lowering utility bills and making the homeowners house a more comfortable place to live.

Qualifications and Requirements:

- You must be a resident of Oklahoma or Canadian Counties.
- Application for assistance must be completed.
- Meet established income guidelines.

For more information contact:

Weatherization Coordinator - wx940@caaofokc.org

For Emergency Home Repair and contractor information call 232-0199 ext. 1401

Weatherization information call 232-0199 ext. 1409

Community Action Agency Of Oklahoma City and Oklahoma / Canadian Counties, Inc.

319 S.W. 25th Street, Oklahoma City, OK 73109

Phone: 405-232-0199 Fax : 405-232-9074 Email: twestcott@caaofokc.org

SEPTEMBER 2016

MON	TUE	WED	THU	FRI
			1	2
<p>FANCY NAILS and TOE NAIL CLIPPINGS will be every Monday and Tuesday</p>			8:30-10:00 Breakfast 10:30 Cooking Group 11:00 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 Bingo 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Open Studio 2:00 Group Exercise 3:00-5:00 Movie Day
5	6	7	8	9
<p>CLOSED FOR THE LABOR DAY HOLIDAY</p>	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 Current Events 11:30 Group Exercise/ Nutrition Class 12:00-1:00 Lunch 1:00 Open Studio 2:00 Group Exercise 3:00-5:00 Movie Day	8:30-10:00 Breakfast 10:30 Cooking Group 11:00 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 Bingo 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 2:00 Group Exercise 3:00-5:00 Movie Day
12	13	14	15	16
8:30-10:00 Breakfast 10:30 Small Talk w/ Floretta 11:00 Meditation 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 Parachute 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 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 Bingo 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 3:00-5:00 Movie Day September Birthday Celebration
19	20	21	22	23
8:30-10:00 Breakfast 10:30 Group Bowling 11:00 Meditation 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 11:30 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 Current Events 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 Bingo 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Open Studio 3:00-5:00 Movie Day
26	27	28	29	30
8:30-10:00 Breakfast 10:30 Small Talk w/ Floretta 11:00 Meditation 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 Wii Game 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 3:00-5:00 Movie Day	8:30-10:00 Breakfast 10:30 Cooking Group 11:00 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 Bingo 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Open Studio 3:00-5:00 Movie Day

Special Notice

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.