



*Living Life
My Way!*

POSITIVELY PACE FEBRUARY 2017

Rockin' 50s 
PACE Anniversary

IT'S TIME TO
SHAKE, RATTLE AND ROLL

WEDNESDAY, MARCH 1, 2017
THE JUKEBOX STARTS AT 10:30 A.M.

50's attire suggested.

If you wish to come and celebrate, but Wednesday is not your normal day in the center, please let either Cathy or LaTonya know. All changes must be made by Wednesday, February 15.



We are hopelessly devoted to you, our participants. Please join us as we celebrate our second year anniversary and turn our center into an old fashioned malt shoppe.

PARTICIPANT SPOTLIGHT



Mr. Leslie Shaw designed the concept for this year's participant t-shirt. How did he come up with the idea that he feels represents Valir PACE and the services it provides to its participants? His journey started in June, 2015 – Shaw was taking his daily three mile walk, but on this particular day he was unable to finish his walk. He continued with his normal routine, but later that day he was reaching for his remote control when he fell off the couch and couldn't get back up. Luckily, he was able to get to a phone and reach out for help, but his journey would just be starting.

Shaw had a stroke which left him unable to walk and his speech strained. For seventeen days he was in the hospital when he received word that he would be discharged due to his coverage end date. Leslie felt he was nowhere near ready to go home; he wasn't able to stand on his own and had serious concerns about how he was going to be able to live and what quality of life he was going to have. He was given no options, but to be discharged from the hospital and work on his recovery on his own.

His limited options and inability to walk, or means to get much needed physical therapy, left Shaw depressed. With lots of time to think, but unable to remain active, Leslie developed a plan to end his life. He felt his quality of life was not there and did not feel he had other options, but luckily that all changed when he found Valir PACE. He said that on September 10th, ten days after enrolling in the Valir PACE program he abandoned all thoughts of ever cutting his life short.

Shaw says the first day or two was a little overwhelming at the PACE center, but on his third day he was wearing an OU Sooners shirt, and one of his now close friends shouted, "BOOMER" and being a faithful fan, he replied, "SOONER". He had found his new home and what have become lifelong friends.

Besides the friends he has made, Shaw is vocal about how much more PACE has done for him and others. In June, 2016 after many years of needing cataract surgery, he was able to have this much needed surgery through his PACE benefits. One of his friends from PACE decided they wanted to be there for him during that surgery, met him there, and drove him home following his surgery. That night, Mr. Shaw said he couldn't sleep. He felt like he was seeing things for the first time, so he watched TV all night long. He said, "I had no idea what they meant by 'high definition' TV before I had my surgery". Shaw said he will never forget going to the center the day after his surgery, hearing a voice and turning around to see their face for the first time. He knew them by their voice, but now was able to put a face to that voice.

It has been a long, but rewarding journey for Leslie Shaw. He says he hopes everyone can see themselves somewhere in the design he conceptualized for this year's shirt. He was in a wheelchair when he first came to Valir PACE, but he opted out of using a walker, working hard to move from his wheelchair to a cane. Mr. Shaw is known for setting goals, and is now working out three times a week on the elliptical machine in the PACE therapy gym. He shared that the "running man" on the shirt does not represent him, but represents the staff at Valir PACE and how they run to meet everyone's needs – every day for everyone, not just him.

Shaw is comfortable sharing his story – he believes he is still alive today because he found the PACE program and met "his people", both those he now calls best friends and the staff that have helped him along his journey. Mr. Shaw wished his dad had been able to find Valir PACE believing he would still be here with today, if he had.

Leslie Shaw hopes that others will be inspired by his story and journey. He emphasized it has been critical for him to set goals for himself along the way. He has noted it is easy for someone to want to give up but noted, "if they set goals, have a positive attitude and let PACE help them, it will happen – make progress, not excuses".

Thank you Mr. Shaw for letting PACE take this journey with you and for sharing your design concept of how PACE helps people.

POV REMINDER

Valir PACE family, just a friendly reminder that while at PACE if you have a POV the speed of the POV must be on turtle mode to ensure the safety of you and other participants. If you would like to go over the rules and regulations or go over the contract you signed to use the POV in the center please contact Christina or Chaunte' in the therapy department. Thank you for your attention in this manner.

CLINIC SUPPORT

Benefits of Support Groups

Probably the biggest advantage of support groups is helping a patient realize that he or she is not alone -- that there are other people who have the same problems. This is often a revelation and a huge relief to the person.

Being in a support group can also help you develop new skills to relate to others. In addition, the members of the group who have the same problems can support each other and may suggest new ways of dealing with a particular problem.

When joining a support group, you may be uncomfortable at first when it comes time to discuss problems in front of strangers. However, the fact that others are facing the same type of situation may help you open up and discuss your feelings. In addition, everything that takes place within the support group should be kept confidential.

<http://www.webmd.com/anxiety-panic/guide/anxiety-support-group>

Mental Health and Behavior Health Services for Valir PACE participants

At Valir PACE the goal is to try and find the best way to support our participant's wellness and independence. With that in mind, there are times with counseling might be recommended for participant. Group therapy has so many benefits and learning opportunities for all involved, therefore the team will first support a group setting option for participants.

In certain circumstances it may be determined there is a need for one-on-one counseling sessions. Should this be the recommendation the participant may be approved for up to 12 sessions in a calendar year.



Stroke Survivor & Caregiver LUNCH AND LEARN SERIES

WEDNESDAY, APRIL 5
11:30 A.M. - 1 P.M.

Join us for our bimonthly Stroke Survivors & Caregivers Lunch and Learn. This is a free event for all interested in support benefiting a stroke survivor, their caregiver, and all that know and loves these individuals. All attendees will enjoy a complimentary meal and refreshments.

If you are interested in attending a luncheon, please visit www.valir.com/events or call 405.609.3604 for additional details

Tax Counseling for the Elderly (TCE)

What Is TCE? The Tax Counseling for the Elderly (TCE) Program provides free tax help to people with low-to-middle income with special attention to those aged 60 and older. Trained volunteers from non-profit organizations provide free tax counseling and basic income tax return preparation for senior citizens. Volunteers who provide tax counseling are often retired individuals associated with non-profit organizations that receive grants from the IRS.

As part of the IRS-sponsored TCE Program, AARP offers the Tax-Aide counseling program at approximately 9,000 sites nationwide during the filing season. Trained and certified AARP Tax-Aide volunteer-counselors are available in Oklahoma and a list of sites can be accessed by downloading the list below

Volunteer Income Tax Assistance (VITA)

What Is VITA? The VITA Program generally offers free tax help to people who make \$54,000 or less and need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals in local communities. They can inform taxpayers about special tax credits for which they may qualify such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly or the Disabled. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations

What to Bring to a VITA or TCE Site

To have your tax return(s) prepared at a VITA or TCE site you need to bring the following information with you:

- Proof of identification – Picture ID
- Social Security Cards for you, your spouse and dependents or a Social Security Number verification letter issued by the Social Security Administration or
- Individual Taxpayer Identification Number (ITIN) assignment letter for you, your spouse and dependents
- Proof of foreign status, if applying for an ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statement(s) Form W-2, W-2G, 1099-R, 1099-Misc from all employers
- Interest and dividend statements from banks (Forms 1099)
- A copy of last year's federal and state returns if available
- Proof of bank account routing numbers and account numbers for Direct Deposit, such as a blank check
- Total paid for daycare provider and the daycare provider's tax identifying number (the provider's Social Security Number or the provider's business Employer Identification Number) if appropriate
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.

It is extremely important that each person use the correct Social Security Number. The most accurate information is usually located on your original Social Security card. If you do not have an SSN for you or a dependent, you should complete Form SS-5, Social Security Number Application. This form should be submitted to the nearest Social Security Administration Office.

If you need a list of tax preparers near you, please contact our social work department at 405-609-1166.

EMPLOYEE SPOTLIGHT



Annette Locklear

What brought you to Valir PACE?

I had a desire to serve the senior population. It is something I have always wanted to do, it really fulfilled a dream for me.

What was your first impression of Valir PACE?

I was very impressed the teamwork, and especially the director, Brandy, and her knowledge and enthusiasm for PACE.

What has surprised you most about working at PACE?

How many areas we as social workers are involved in; as well as how all the various disciplines work together. This is one of the many things that it takes to make PACE run and work so well.

What do you wish other people knew about PACE?

How awesome it is and how beneficial it can be for someone that is struggling financially, if their health is poor, or in so many instance we see - both. PACE can really be a hand up to that person and make such a difference in their life.

What do you like to do in your free time?

Play with my two grandchildren, Emma (2 ½) and Levi (1). When we are together we love to read books, play outside, go to the park, and play hide and seek.

I am happiest when. . .

I am at work – I know that may sound strange, but I really enjoy my position and look forward to coming in everyday. I get a lot of satisfaction from helping others.

What would you tell someone who is thinking about (donating, volunteering, etc.)?

It is well worth their time to be involved as a volunteer, the feeling you get is so beneficial it can really reach you at your soul. Our course, we also have opportunities where canned goods, coats, or general donations are always appreciated for our seniors that are in need, so if you feel compelled I would also encourage them to consider that as well.

What is the most interesting thing you have learned from working at PACE?

Seeing how someone comes in so scared and shy and then they bloom and become comfortable, they warm up and they become attached to you and you to them. And how friendly and appreciative the participants are of the help and services they are receiving.

Best Vacation?

My in-laws paid for 15 of us, their kids, spouses and grandkids to go to Hawaii at Thanksgiving. They said instead of leaving us an inheritance they wanted to enjoy it with us. I am looking forward to going back there with my husband someday.

What are three words you would use describe Valir PACE?

Giving, Progressive, Teamwork

What is something that people may not know about you, that you don't mind sharing?

I was born and raised in Michigan so when it snows I get very excited and you might see me running around telling others to look out the window. Even after living in OKC for 25 years I still miss the snow in the winter.

IN MEMORY OF



Charles Fife

When nights are cold and stars are few, I close my eyes and think of you, a silent hope, a silent tear, a silent wish that you were here...



Josephine Lima

You're gone but not forgotten, We'll never be apart. Your memory is a treasure, I keep within my heart.

DIETARY PRECAUTIONS

Foodborne Illness

Older adults become more at-risk for food borne illnesses, and it may take longer for them to recover from illness. As people age, their bodies are less able to combat bacteria i.e. decreased secretion of stomach acid which aides in destroying bacteria in the stomach, or decrease sense of smell or taste to ward off foul of spoiled foods. Foodborne illness also referred to as food poisoning is an illness caused by the food that you eat. Signs and symptoms of food poison range from upset stomach, diarrhea, fever, vomiting, abdominal cramps, and dehydration, to more severe illness.

According to Centers of Disease Control and Preventions, 85% of all foodborne illness could be prevented if people handled food properly.

Follow these safety guidelines to reduce your risk of foodborne illnesses and stay healthy!



1. Wash hands with warm, soapy water for at least 20 seconds, often. Before preparing meals, after handling raw meats and poultry, and after using the restroom to avoid cross-contamination
2. Buy and use a food thermometer. The only way to determine if harmful bacteria has been eliminated is to cook food to a safe minimum internal temperature (most meats and poultry should be cooked between 140-165°F). Always use a food thermometer to ensure food is fully cooked. Don't rely solely on sight, smell or taste.
3. Clean it up. Use hot, soapy water to wash counter-tops and surfaces, cutting boards, refrigerator door handles and utensils. Use separate cutting board from meats/poultry and ready-to-eat foods i.e. lettuce.
4. Keep it Safe. Your refrigerator temperature should be set at 40 °F or below; freezer temperature should be 0 °F or below. Use a refrigerator/freezer thermometer to check the temperatures. Perishable food should not be left at room temperature for more than two hours. If room temperature is above 90 °F, food should not be left out more than 1 hour. This would include items such as take-out foods, leftovers from a restaurant meal, and meals-on wheels deliveries.

https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/at-risk-populations/older-adults-and-food-safety/ct_index

<http://www.eatright.org/resource/homefoodsafety/safety-tips/holidays/a-food-safety-resolution>

HAPPY BIRTHDAY

Carrie P — 2/4

Peggy S — 2/5

Teresa S — 2/6

James M — 2/9

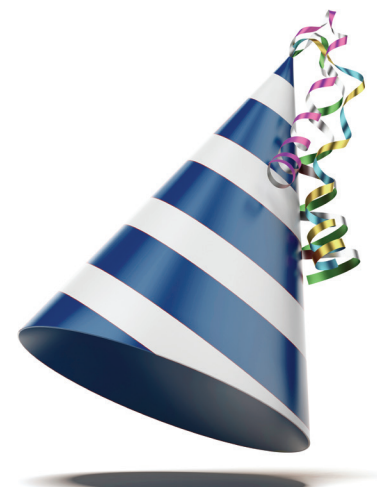
Dolores T — 2/16

John R — 2/19

Edith T — 2/23

Anna S — 2/23

Doris S — 2/24



FEBRUARY 2017

MON	TUE	WED	THU	FRI
		1	2	3
Participant's Advisory Meeting We would like to invite each of you to our Participant's Advisory Meeting that will take place on March 3, 2017 at 10:00am . Participant's Advisory Meeting is for each one of our Participant's to let Pace know of questions or concerns that you may have. If you are wanting to discuss any personal concerns , I will be available throughout the afternoon. Chuti White , Activities Director		8:30-10:00 Breakfast 10:30 Bible Study 11:00 Level 2 Fitness 11:30 Level 1 Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10 -4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:15 Decorate V-Day Cookies 11:00 Arts & Crafts 12:15-1:00 Lunch 1:00 -2:00Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio
6	7	8	9	10
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00 Level 2 Fitness 11:30 Brain Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:30 Bible Study 11:00 Level 2 Fitness 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10 -4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:15 Decorate V-Day Cupcakes 11:00 Wii Game 12:15-1:00 Lunch 1:00 -2:00Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio
13	14	15	16	17
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00 Level 2 Fitness 11:30 Brain Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio Valentines Day Treats	8:30-10:00 Breakfast 10:30 Bible Study 11:00 Level 2 Fitness 11:30 Level 1 Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10 -4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:15 S'Mores Snack Mix 11:00 Crossword Puzzles 12:15-1:00 Lunch 1:00 -2:00Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio Feb. Birthday Celebration
20	21	22	23	24
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00 Level 2 Fitness 11:30 Brain Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise/ Open Studio	8:30-10:00 Breakfast 10:30 Bible Study 11:00 Level 2 Fitness 11:30 Level 1 Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10 -4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:15 Cooking Class 11:00 Arts & Crafts 12:15-1:00 Lunch 1:00 -2:00Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio
27	28	Calendar Is Subject To Change Daily		
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00 Level 2 Fitness 11:30 Brain Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio			

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

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Special Notice



Thank you to Youth Performance, Norman OK for donating exercise equipment to Valir PACE for our seniors as they work toward their wellness goals this year. We appreciate you helping us to reach our goals of keeping seniors in their homes safely.

AVAILABLE POSITIONS

Director of Nursing - full time
RN Care Coordinator – full time *(multiple positions available)*
LPN – full time *(multiple positions available)*
Certified Home Health Aide – full time *(multiple positions available)*
Home Health Nurse - full time