



*Living Life
My Way!*

POSITIVELY PACE NOVEMBER 2016

THANKSGIVING AT VALIR PACE

Valir PACE is so thankful for our participants, families, community partners and staff. On **Wednesday, November 23** our staff and board will celebrate Thanksgiving at our Center with our participants.

Participants may invite up to two members of their family to join them as we celebrate and give thanks for each and every one of those we have had the privilege to care for over last 20 months.

If you or up two of your family members are planning on attending; or if you plan to change your day to attend our Thanksgiving meal you may call Cathy at (405) 609-3688. **We must receive all RSVP's by Thursday, November 17 at 10 a.m.**

In preparation for Thanksgiving - How much do you know about Turkeys!

Turkeys cannot Fly True or False

Turkeys eat rocks True or False

All turkeys gobble True or False

Male Turkeys are better looking True or False



Answer Key
False (wild Turkeys can fly about 55 miles per hour)
True (when they eat they also ingest small stones to help in their digestion, these stones go into their gizzards)
False (only the males gobble, and have "gobblers." The unique call is used to attract females during mating season)
True (the male turkey has the colorful head, while the females are brown or grey typically - which is best for hiding while they nest)

PACE Proclamations

PARTICIPANT SPOTLIGHT



PACE has given Bill Zbavitel a reason to celebrate, and that's just what they did! The staff at Valir PACE planned a celebration in Bill's honor, complete with bubbly (grape juice of course), cupcakes, and a toast to Bill's progress! Although he insists that the celebration should be for his care team at PACE. For more than six years he's had to have his legs wrapped, constantly compressed to treat his edema, which is caused by restricted blood flow and accumulation of excessive fluid in the tissues. But now, due to a regimen of water pills, daily elevation at home, in the hospital bed provided by PACE, and careful monitoring and coaching by his nurse, Sara Brickey, he's no longer symptomatic and was able to remove his wrappings.

"It's freeing," described Bill. "All the thanks belongs to PACE, they did this." Bill explained that his success can be attributed to the special bond he shares with his nurse. "We have a close friendship, she's my coach, and she reminds me of the important things I need to do. She even comes to my doctor appointments and takes notes, and checks in with me when I'm at home."

Bill has been in the program nearly a year, he enjoys the activities and visiting with the other participants, and appreciates the warm showers and hot meals. "When I first heard about the program I thought it was too good to be true. I did some research and made some calls before I decided to sign. I'm thankful that I did, although it still sounds too good to be true."

EMPLOYEE SPOTLIGHT



Vicky Enyinna

What is your favorite part of working at PACE?

I love interacting with the participants. I have always enjoyed working with the elderly. I used to be a CNA and worked with Alzheimer's

patients so I love being able to work with this population again.

Worst job you have ever had?

Fast food – a drive through job, it was just not for me. I had to work with a lot of kids and teenagers.

What do you like to do in your free time?

I love to walk and read and I really enjoy being outdoors.

Who is your role model and why?

I like Oprah Winfrey because she is a strong, black female in today's society. And of course my mom, she was strong and gave us strength. She told us kids we could do anything.

I am happiest when. . .

I am pretty happy all the time. It takes a lot to make me unhappy. I am happy when the sun comes up.

If I could do it all over again, I would. . .

I wouldn't have gotten married, but I wish I would have had children though.

What is something that you think very few people know about you, that you don't mind sharing?

When Vanessa Williams was Miss USA, I was 3rd runner in Miss Teen Oklahoma!

Clinical Corner

THE ABCs OF DIABETES

What can I do to stay as healthy as possible if I have diabetes? — If you have diabetes (sometimes called diabetes mellitus), the most important thing you can do is to control your "ABCs":

- **"A" stands for "A1C"** – A1C is a blood test that shows what your average blood sugar level has been during the last few months.
- **"B" stands for "blood pressure"** – If you have diabetes, controlling your blood pressure is just as important as controlling your blood sugar. High blood pressure puts you at risk for heart attack, stroke, and kidney disease.
- **"C" stands for "cholesterol"** – Cholesterol is a waxy substance found in the blood. High cholesterol is another factor that increases your risk of heart attacks, strokes, and other serious problems.

Why are my ABCs so important? — Compared with people who do not have diabetes, people who have diabetes are 2 to 3 times more likely to have a heart attack or a stroke. People with diabetes also have heart attacks at a younger age, and that are more severe and more deadly. Plus, people with diabetes are much more likely to get kidney disease. By keeping your ABCs under control, you can lower your risk of these problems by a lot.

Isn't my blood sugar the most important thing? — Keeping blood sugar low is important in preventing some problems caused by diabetes, including:

- Eye diseases that lead to vision loss or blindness
- Kidney disease
- Nerve damage (called "neuropathy") that can cause numbness or pain in the hands and feet
- The need to have toes, fingers, or other body parts removed by surgery (amputated)
- Even so, blood sugar is just one of the things that should get your attention. That's because the problems caused by high blood pressure and high cholesterol are often more serious than the ones caused by high blood sugar.

What should my ABC levels be? — The levels you should aim for will depend on how severe your diabetes is, how old you are, and what other health problems you have. Ask your doctor or nurse what your target levels should be.

Many people with diabetes aim for:

- A1C levels below 7 percent
- Blood pressure below 140/90, or lower in some cases
- LDL cholesterol level below 100 (LDL is one type of cholesterol, often called the "bad cholesterol" or "lousy cholesterol")

How can I control my ABCs? — You and your doctor will work together to create a plan to keep your ABCs under control.

Healthy Habits

THERAPY TIPS: FALL RISK

What is your Fall Risk?

Falls is a common topic as we age. Do you feel people are constantly reminding you not to fall? It should not be a scary subject or something you should constantly think about. Educate yourself on your falls risk and how **YOU** can take control.

PACE will offer a Falls Risk Assessment from 1-2 p.m. on Tuesday, November 15 and Wednesday, November 16 in the den. No appointment necessary.

If you would like to determine if you are at risk for a fall, but these are not one of your regularly scheduled days, please contact LaTanya at 405-609-3677 to switch a day in your schedule by Friday, November 11.

NUTRITION NEWS

Be Mindful This Holiday Season with a Few Simple Strategies

The holidays are a time to enjoy friends, family, and food. Despite popular belief, you can have all three without putting on the extra pounds!

On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

1. Do not skip meals throughout the day(s) leading up to a big holiday feast. This may result in overeating due to increased appetite. It is especially important for you to eat breakfast. Research shows that those who eat breakfast tend to consume fewer calories throughout the day. Don't forget to add fiber to your meals as this helps increase volume and satisfies hunger. Foods high in fiber are whole grains, fruits, and vegetables.
2. Decrease your caloric intake by choosing leaner options i.e. healthier snacking before the feast, leaving the skin off the turkey, choosing whole-wheat roll over a crescent roll, pumpkin pie vs. pecan pie, etc. Work on proper portion control at your holiday feast, and enjoy all foods in moderation!
3. Avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait 10 minutes to see if you really are still hungry.
4. After your Holiday feast, enjoy some physical activity. Go for a walk or play a game with your family.

Low-Fat Crustless Pumpkin Pie

- 16 oz canned pumpkin
- ½ C Egg Beaters®
- 12 fl oz canned evaporated skim milk
- ½ C sugar
- ½ tsp salt
- 1 tsp cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- 4 squares of graham crackers, crushed

Directions:

In a medium bowl mix pumpkin, Egg Beaters, sugar and spices. Add evaporated milk and mix well. Pour in a 9" pie pan sprayed with nonstick coating. Bake in 350°F oven for approximately one hour. Sprinkle graham crackers over cooled pie.

Serves eight. Per slice: 125 calories, 7 g fat, and 25.4 g carbohydrate.

Services & Celebrations

CANCELLATION NOTICE

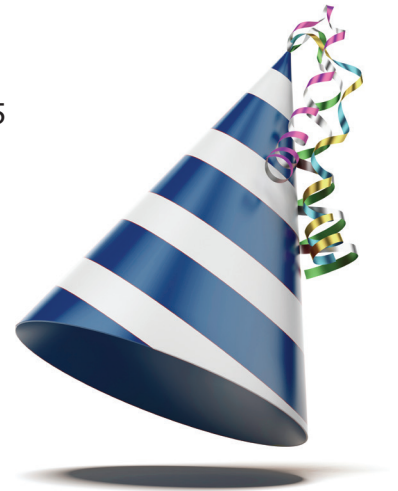
IMPORTANT CANCELLATION NOTICE – PLEASE READ

Center attendance is set to best meet your medical and psychosocial needs. It is important that you come to all of our scheduled center days, when possible. If you feel you need to cancel, please call us ASAP, regardless if you drive yourself or ride on our bus. This is so your nurses and the doctors can determine the best way to get you the care you need, even in your absence. Each of our clinicians want to ensure each of their participants receive the best care possible so you need to keep them informed.

Please DO NOT cancel when transportation arrives at your door. Ideally, it would be best for all concerned if you or your family member would call in the day before, however if you need to call in the day you are scheduled to be in the center, please do so between 6-8 a.m.

HAPPY BIRTHDAY

M. Popplewell — 11/4	C. Woods-Davis — 11/9	C. Rodriguez — 11/25
E. Benson — 11/5	F. Collins — 11/10	O. Miller — 11/26
E. Zachery — 11/7	J. Roberston — 11/14	
E. Joffrion — 11/8	D. Grant — 11/23	



Resources & References

CAREGIVER SUPPORT



The Oklahoma Healthy Aging Initiative is a wonderful resource for older adults and their caregivers in our state. They are partnering with Valir PACE to provide two evening sessions in November for family caregivers. The sessions will last about an hour, which will include a question and answer period, and will be held in the Den at the Valir PACE Center. Light refreshments will be served.

November 15, 6:30 p.m. - Caregiver Stress/Burnout
November 29, 6:30 p.m. - Normal Changes in Aging

COMMONS ON CLASSEN

Now Leasing!!

Commons on Classen Apartments



1320 Classen Drive
Oklahoma City, OK 73103
405-601-6819 for more information
TDD# 711



Rent starts at \$500 for Income Eligible Applicants
\$200 Security Deposit
\$16.50 screening fee for *each* household member
Section 8 Vouchers Accepted




Office Hours:
Monday – Friday 10:30 am to 3:30 pm
62 Years of Age or Older

Commons on Classen offers the following amenities:

- 1 & 2 bedroom and Efficiency apartments
- Side-by-side Refrigerator
- Microwave
- Washer & Dryer
- Dishwasher
- Garbage Disposal
- Central heat and air
- Ceiling Fans
- Spacious storage inside
- Smoke-free facility
- Ask about our pet policy
- Shuffleboard Court
- Splash Pad
- Security System in each unit
- Active Tenant Association



NOVEMBER 2016

MON	TUE	WED	THU	FRI
	1	2	3	4
	8:30-10:00 Breakfast 10:00 Bible Study 10:30 Bingo 11:30 PT Exercise Group 12:15 Lunch 1:00 Table Tennis 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bible Study 11:00 Nutrition Class Exercise Group 11:30 PT Exercise Group 12:15 Lunch 1:00 Wii Game 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:15 Cooking Class 10:45 PT Exercise Group 12:15 Lunch 1:00 Movie & Popcorn 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Bingo 11:00 Nutrition Class 11:30 PT Exercise Group 12:15 Lunch 1:15 Name That Music 2:15 OT Exercise Group 3:00- 5:00 Open Studio
7	8	9	10	11
8:30-10:00 Breakfast 10:15 Current Events 10:30 Arts & Crafts 11:30 PT Exercise Group 12:15 Lunch 1:15 Golf 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bible Study 10:30 Bingo 11:30 PT Exercise Group 12:15 Lunch 1:00 Parachute Exercise 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bible Study 11:00 Nutrition Class 11:30 PT Exercise Group 12:15 Lunch 1:00 Karaoke 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:15 Cooking Class 10:45 PT Exercise Group 12:15 Lunch 1:00 Lawn Darts 2:15 OT Group Exercise 3:00-5:00 Open Studio	 <p>Veterans Day Celebration</p>
14	15	16	17	18
8:30-10:00 Breakfast 10:15 Current Events 10:30 Arts & Crafts 11:30 PT Exercise Group 12:15 Lunch 1:00 Wii Bowling 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bible Study 1030 Bingo 11:30 PT Exercise Group 12:15-1:00 Lunch 1:00 Arm Stretches 1:00-2:00 Fall Risk Assessment 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bible Study 11:00 Nutrition Class 11:30 PT Exercise Group 12:15 Lunch 1:00 Volley Ball 1:00-2:00 Fall Risk Assessment 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:15 Cooking Class 10:45 PT Exercise Group 12:15 Lunch 1:00 Fruity Thursday 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:30 Bingo 11:00 Nutrition Class 11:30 PT Exercise Group 12:15 Lunch 1:15 Finger Paint 2:15 OT Exercise Group 3:00- 5:00 Open Studio November Birthday Celebration
21	22	23	24	25
8:30-10:00 Breakfast 10:15 Current Events 10:30 Arts & Crafts 10:45 PT Exercise Group 12:15 Lunch 1:00 Ring Toss 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bible Study 10:30 Bingo 11:30 PT Exercise Group 12:15-1:00 Lunch 1:00 Basketball Shoot 2:15 OT Group Exercise 3:00-5:00 Open Studio	<p>PACE Thanksgiving Dinner</p>	 <p>Center will be closed</p>	8:30-10:00 Breakfast 10:30 Bingo 10:45 Nutrition Class 11:30 PT Exercise Group 12:15 Lunch 1:15 Family Feud 2:15 OT Exercise Group 3:00- 5:00 Open Studio
28	29	30		
8:30-10:00 Breakfast 10:15 Current Events 10:30 Arts & Crafts 11:30 PT Exercise Group 12:15 Lunch 1:00 Movie & Popcorn 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bible Study 10:30 Bingo 11:30 PT Exercise Group 12:15 Lunch 1:00 Trivia 2:15 OT Group Exercise 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bible Study 11:00 Nutrition Class 11:30 PT Exercise Group 12:15 Lunch 1:00 Wheelchair Races 2:15 OT Group Exercise 3:00-5:00 Open Studio		

Valir PACE Foundation
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Special Notice

FIGHT THE FLU!

Wash your hands like a maniac. Always. Especially during cold and flu season be diligent about washing hands. Keep antibacterial hand sanitizer close for emergencies when out and about.
(Note: doing this can cut your chances of getting the flu drastically.

