



Living Life My Way!

POSITIVELY PACE AUGUST 2016

WHAT PACE MEANS TO ME

written by Donna A. Pendleton, DPT

When I decided to leave PACE, it was one of the most difficult decisions that I had to make in my career. I wanted to make sure that I was not moving out of God's will because I feel that He brought me here. But God provided me with a great opportunity to go back to Valir Rehab Hospital and make a difference. It would allow me to work with seasoned leaders who I respect and can learn so much from in this great facility.

But I realized what I would be losing as well, PACE. What does PACE mean to me? It means that every day I got a chance to work with wonderful participants who cherish and need us more than we will ever know. We get a chance to embrace joy from helping others and you can make a living doing it a on a daily basis. We get an opportunity of a lifetime to bring about hope where there as no hope before. We are valued health care workers who

no matter your title or your credentials, you are great in their eyes and can conquer all their fears, just with a caring smile. WOW, you speak of being blessed or being given a great task beyond words, well, here it is PACE!! Our participants define us as special people who give them a reason to go on living and doing it their way. What a way to live your life. Thank you all for everything that you do to make people's lives better and don't stop doing the work you do here at PACE.



I leave you with the mission of never to stop trying to make life easier for our participants even when it gets difficult and sometimes frustrating. Stay consistent in all decisions that you make so that PACE will become the great program that is was meant to be here at Valir. Good luck as my journey has stopped here but your journey continues which is **TO MAKE A DIFFERENCE EVERY DAY!!**

PACE Proclamations

FAIR FOOD NETWORK



What is Double Up Food Bucks?

Double Up Oklahoma is a statewide healthy food incentive program. This program doubles the value (up to \$20 per day) of federal Supplemental Nutrition Assistance Program (SNAP) nutrition benefits spent at participating farmers markets, helping people bring home more locally grown fruits and vegetables.

How does Double Up work?

Double Up provides SNAP recipients with a one-to-one match to buy healthy, Oklahoma grown fruits and vegetables when they use their Access Oklahoma card at participating locations.

The Fair Food Network's Double Up Food Bucks program doubles the value of federal nutrition (SNAP or food stamps) benefits spent at participating markets and grocery stores, helping people bring home more healthy fruits and vegetables while supporting local farmers. The wins are three-fold: low-income consumers eat more healthy food, local farmers gain new customers and make more money, and more food dollars stay in the local economy.

Who qualifies for Double Up?

It's easy! Anyone receiving SNAP benefits is automatically eligible: if you have an Access Oklahoma card, you can use this program.

What can you buy with Double Up Food Bucks?

Double Up Food Bucks can only be used to purchase Oklahoma grown fruits and vegetables.

How do people sign up?

At farmers markets: Before shopping, SNAP customers should go to the information booth, where market staff can help you get started.

OSU OKC Farmers Market – 400 North Portland Avenue Oklahoma City

AVAILABLE POSITIONS

Valir PACE is growing and currently hiring for the following positions. Bilingual applicants fluent in Spanish are encouraged to apply. Please apply at: <http://valirhealth.com/Jobs.aspx>.

Full Time Occupational Therapist

Full Time Registered Licensed Dietitian

Full Time Licensed Practical Nurse

Full Time Home Care Coordinator

Full Time Restorative Aide

Full Time Certified Nursing Aid/Certified Home Health Aide

Full Time Licensed Registered Nurse

Clinical Corner

WELCOME RENA

written by Rena Kimbro, APRN



I am so excited to join such a dedicated team here at Valir Pace. Before joining Valir Pace I worked as Registered Nurse, House Supervisor at the Valir Rehabilitation hospital for 11 years working with an interdisciplinary team of Physicians, Occupational therapists, Physical therapists, Speech Language Pathologists Nurses and many other valuable team members.

About 5 years ago I made the decision with the support of my family and many prayers to go back to college to become a Nurse Practitioner. I received my Bachelor of Science in Nursing at Oklahoma City University and then went to St. Joseph's College of Maine and in 2015 graduated with my Masters of Science Nursing as a Family Nurse Practitioner.

At Valir Pace I look to bring many years of experience as a registered nurse and now in my new role as a Nurse Practitioner. My role in the clinic will be to assist in the management of chronic diseases such as hypertension, diabetes, depression and other chronic conditions. I will be able to diagnose and treat acute illnesses and injuries. Interpret labs, x-rays and other diagnostic tests and prescribes medications and other treatments. I have had the pleasure of meeting many of the participants and look forward to meeting those I have not had the opportunity to meet yet.

REMINDERS

1. Over the counter medications such as laxatives, decongestants, aspirin, Tylenol and ibuprofen are not covered under the PACE plan.
2. Bulk medicines (such as insulin, inhalers, gels/creams) need to be ordered by contacting your nurse BEFORE you run out. They will not be ordered and filled on the weekends.

Healthy Habits

NUTRITION NEWS

Specials of the Day

Effective August 1, 2016 our special orders will change to the following:

Monday - Regular Menu (No Special Orders)

Tuesday - Chef Salads (Lettuce, Tomatoes, Eggs, Cucumbers and cheese)

Wednesday - Fruit Salad (Cottage Cheese, Oranges, Cantaloupe Plates)

Thursday - Sandwiches (Turkey or Ham, Cheese, Lettuce, Tomatoes)

Friday - Regular Menu (No Special Orders)

No other special orders will be offered unless medically indicated. These special orders are in addition to the regular menu. We appreciate your cooperation and patience with us.

Thank you,
Dietary Staff

FIRE SAFETY IN THE HOME

Smoke Detectors

- Smoke detectors provide valuable protection. Detectors double your chance of surviving fire in your home by providing early warning and valuable time for escape. Install smoke detectors and maintain them.
- If you cannot install a detector yourself, ask a relative, a friend, or a neighbor. They will help you locate the best spot for the detector and make sure that the detector is installed.
- At a minimum, you should have a detector immediately outside your sleeping area. The ideal spot is on the ceiling or high on the wall, out of corners where "dead air" space might not capture rising smoke and gases. Detectors also should be placed at the top of open airways (or at the bottom of enclosed stairways). There should be a detector on every level of your home or apartment.
- If your detector goes off because of cooking fumes or steam from the bathroom, you may need to move it or may need a different type of detector.

- Do not disable your detectors by removing batteries or disconnecting wires. Doing so could mean the difference between life and death.
- Clean the detectors periodically to keep them free from dust and dirt. Test the batteries. Detectors connected to your house wiring should be tested regularly, too.
- Smoke detector batteries should be changed at least twice a year. Use your birthday or some other major holiday (begin\end Daylight Savings Time) as your twice annual "Battery Replacement Day."
- If your landlord or building management is responsible for smoke detectors where you live, call and ask when they last were tested, cleaned or replaced. If the detectors have not been attended to, insist that the party responsible act immediately. If they do not respond, call the Fire Department, your local Agency on Aging, or the Housing Authority.
- Smoke detectors are important protection to escape from a fire. You must have a smoke detector. Don't live without one!

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

Sharon C — 8/1

Diana G — 8/11

Beverly J — 8/23

Vicki R — 8/1

Ezekiel G — 8/12

Mona H — 8/25

Margaret A — 8/5

Betty T — 8/13

Phyllis S — 8/11

Beverly C — 8/15



Resources & References

WALMART GROCERY PICK-UP PROGRAM

Have you heard about the Walmart Grocery pick-up program? For No Extra Charge, Markups or Subscription Fees an employee specifically designated as a "Shopper" will go throughout the store and pick up the items you need.

So, how does this program work?

Step 1. You will need to have access to the Internet and a debit or credit card. If you don't have your own Internet, do you have a friend that does? If no, did you know that your local library has computers you can use?

Step 2. Go to Walmart.com/grocery. Shop for the items you need and then submit your order. Please note that you will be asked if you will allow substitutions for items that the store may be out of. It was recommended that you check yes in this box unless you have a specific reason not to allow this (ex. you have a peanut allergy and you know that the brand you like does not put you at risk for an allergic reaction). You are not obligated to take the substitution product and they will simply take that item off your bill. Your receipt will be sent to your e-mail address.

Please be aware that if you place your order before 10 a.m. it will be ready for pick-up later that evening. However, if you order after 10 a.m. your order will not be ready until the following morning. The items that need to be kept frozen or refrigerated will continue to be handled that way.

Step 3. Pick-up. While ordering you will be asked to reserve a pick-up time. They will make every attempt to call you 30 minutes before your arrival time. However, it is recommended that you give the store a courtesy call 10 minutes before your arrival so they can start gathering your order from where it's currently being stored. Walmart makes every effort to be aware of when a customer arrives in the designated grocery pick-up lanes. However, if you arrive and don't see an employee, don't worry. Just call the phone number posted by the door to let them know you arrived. You don't even have to get out of your vehicle if you don't want to.

Did you know that if you place an order, you do not have to be the one to pick it up? Just give your representative your name and order number.

Want a reason to try Walmart pick-up?

Get \$5 off your first grocery order (minimum \$30) just by using the promo code **WALMART5**. This offer expires January 31, 2017. This does not apply to alcohol purchases.



AUGUST 2016

MON	TUE	WED	THU	FRI
1	2	3	4	5
8:30-10:00 Breakfast 10:30 Trivia 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 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 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
8	9	10	11	12
8:30-10:00 Breakfast 10:30 Trivia 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 10:30 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
15	16	17	18	19
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 HAT DAY	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 TACKY DAY	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 SPORTS 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 SUPER HERO DAY	8:30-10:00 Breakfast 10:30 Open Studio 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 3:00-5:00 Movie Day PACE T-SHIRT DAY August Birthday Celebration
22	23	24	25	26
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 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 Trivia 11:30 Group Exercise 12:00-1:00 Lunch 1:00-2:00 Bingo 3:00-5:00 Movie Day
29	30	31		
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Valir PACE Foundation
721 NW 6th St
Oklahoma City, OK 73102

NONPROFIT ORG
U.S. POSTAGE PAID
OKLAHOMA CITY, OK
PERMIT NO. 2134

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.