



***Living Life
My Way!***

POSITIVELY PACE DECEMBER 2017

2017 OHA Spirit Awards launched -Spirit of Resilience

Fifty hospital team members statewide received an Oklahoma Hospital Association (OHA) Spirit of Resilience Award during the 2017 OHA Annual Convention. The 50 front-line, behind-the-scenes and administrative employees received the award because they demonstrate strength and toughness in the face of great challenges and adversity.

Award recipients were chosen by their hospitals for exemplifying the Spirit of Resilience because they: recover quickly from a set-back or adversity; do not let failure define them, continuing on a path to success; come back stronger than ever when knocked down; react optimistically when faced with sudden change or an unexpected outcome; or change a negative turn of events into a positive source of healing for their patients.

"We are pleased to honor these special hospital employees who have dedicated time, talent or expertise to improve their organizations and their communities," said Craig W. Jones, president, Oklahoma Hospital Association. "These are the type of team members who, when they see problems, consistently work to solve them."

"Sara has been with Valir's Program of All-inclusive Care for the Elderly for two years, in this time of new program development there have been many obstacles and challenges, yet she continues to serve her patients with tremendous care and compassion without complaint," said Brandy Bailey, executive director, Valir PACE. "We are blessed to learn from this amazing and brilliant nurse every day - true servant leadership on display daily, and her intelligence is only matched by her compassion."



IMPORTANT MEDICATION INFORMATION

Routine medications are mailed out in cycles. PACE participants are separated out by their last name and assigned a cycle. If you last name begins with A-C you are Cycle 1; D-H you are Cycle 2; I-Q you are Cycle 3; R-Z you are Cycle 4.

Cycle 1 medications (last names A-C) should be mailed directly to you by the dates below. Cycle medications will always start on a Saturday:

December 22; January 19; February 16; and March 16

Cycle 2 medications (last names D-H) should be mailed directly to you by the dates below. Cycle medications will always start on a Saturday:

December 1; December 29; January 26; February 23; and March 23

Cycle 3 medications (last names I-Q) should be mailed directly to you by the dates below. Cycle medications will always start on a Saturday:

December 8; January 5; February 2; and March 2

Cycle 4 medications (last names R-Z) should be mailed directly to you by the dates below. Cycle medications will always start on a Saturday:

December 15; January 12; February 9; and March 9

If you do not receive your medications by the dates listed above, please call your RN to notify.

Medications prescribed by your doctor during a sick visit will be handled differently. These medications can be sent home with you that day, delivered to your home by a PACE team member, or may come to you in the mail within 24 hours.

For non-urgent medication questions, please ask your nurse or doctor during your next center or clinic visit.

If you have urgent medical needs, please call PACE at (405) 609-3688.

MANAGING HOLIDAY STRESS

Almost everyone looks forward to the holiday season, but not necessarily to the stress it brings along. Holiday stress is typically linked to things like shopping, traveling, managing family dynamics, and cooking. However, holiday-related stress may look different for the senior community.

Seniors may not feel the pressure of shopping for the perfect gift or planning the ideal family dinner, but they may experience stress related to dietary concerns, mobility concerns, and grief. Here are some tips to overcome these stressors and enjoy this wonderful time or year!

Dietary Concerns: Whether you are having a large family dinner or a smaller intimate lunch, stress and anxiety associated with dietary issues is a very common concern for the senior community during the holiday season.

Ways to cope include things such as:

- Talking to your family member/friend in charge of cooking and inform them of any dietary restrictions you may have so they may be conscious of this while planning the menu
- Plan ahead by asking them what all will be included on the menu so you are able to determine what you will or won't be able to eat at meal time
- Try to include as many fruits and vegetables while you snack throughout the day. This will help you to better avoid unhealthy foods and also feel fuller so you will be motivated to eat smaller portions
- Lastly, try to minimize or all together avoid alcohol. This will allow you to keep your head clear, giving you better ability to manage stressful situations, should they crop up at gatherings.

Mobility Concerns: The holidays often include the need to shop for gifts for loved ones. Or maybe you are hosting a holiday get together and need to prepare your home. Whatever the issue, mobility concerns are very prevalent in the senior community.

Ways to cope include things such as:

- Asking family members for help with getting things
- Ask them to transport you places you may need to go
- Ask them if you can give them your shopping list and have them shop for you
- Start planning early, so you can start shopping early
- Consider asking a grandchild to help you shop for gifts online or to come over and help you prepare your home for an upcoming holiday party.

Grief: The holidays often bring on memories of friends and relatives who have passed on. In particular, seniors may miss their late spouse at this time of year regardless of how many years their spouse has been deceased.

Ways to cope include things such as:

- Openly talking to family members about how you are feeling. Explain to them that, regardless if it's been many years since your spouse's death, this time of year makes you significantly miss them. Tell stories about your deceased loved one
- Share happy holiday anecdote that involve the person you are missing
- Go through old holiday photos that include your deceased loved one in them
- Remember that it is ok to grieve during this time

Whether these are stressors you experience during this time or not, don't be afraid to use your support system and ask for help! And don't lose sight of what this time of year really means to you and why you celebrate the holidays!

PNEUMOCOCCAL MYTHS

Myth: Pneumococcal disease is not common or serious.

Fact: Pneumococcal disease kills thousands of people each year; in fact it kills more people in the United States than all other vaccine-preventable disease combined. This disease can cause life-threatening infections including pneumonia, bacteremia, and meningitis. Adults account for 90% of the bacteremia and meningitis cases caused by pneumococcal disease in the U.S. and 95% of the pneumococcal deaths in the U.S. occur in adults. Vaccination is the best method to prevent from getting pneumococcal disease.

Myth: You can get pneumococcal disease from the pneumococcal vaccine.

Fact: The two pneumococcal vaccines (PPSV23 and PCV13) are made from inactivated bacteria and cannot cause illness. Side effects may occur such as soreness, redness, or swelling at site of injection, fever, and aches; however, these are usually mild and short-lived. Pneumococcal vaccination is safe and the best way to prevent pneumococcal infection.

Myth: You should not get PPSV23 or PCV13 if you are sick.

Fact: Presence of a mild illness, such as a cold or allergies, without fever should not prevent vaccination. Individuals with a moderate-to-severe illness with or without a fever should wait until they recover to get vaccinated; however, vaccination against pneumococcal disease is highly recommended for adults 65 years and older and adults with certain medical conditions. Individuals that have had a severe reaction to either of the pneumococcal vaccines should avoid vaccination.

Myth: You should not get the pneumococcal vaccine at the same time you receive the influenza vaccine due to increased side effects.

Fact: Both vaccines can be given at the same time (but at different sites) without increasing the risk of side effects. Pneumococcal pneumonia is a complication that can result from influenza, especially in older adults, so it is important for this age group to be vaccinated against both diseases.

WINTER SAFETY TIPS FOR OLDER ADULTS

HYPOTHERMIA

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

Warning Signs

- Cold skin that is pale or ashy
- Feeling very tired, confused and sleepy
- Feeling weak
- Problems walking
- Slowed breathing or heart rate
- Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops

Precautions to take

- Stay indoors (or don't stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress Smart – protect your lungs from cold air.
 - Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
 - Essential winter wears: hats, gloves or preferably mittens, winter coat, boots, and a scarf to cover your mouth and nose.

Learn more tips at http://www.healthinaging.org/files/documents/tipsheets/winter_safety2012.pdf

COLD WEATHER AFFECTS YOUR HEALTH

Your immune system, skin, balance, and heart may be at risk. As temperatures drop in the winter, weather-related health problems start to rise. "The cold weather brings a number of risks, especially for older adults," says geriatrician Dr. Suzanne Salamon, an instructor at Harvard Medical School. Here are some of the ways you may be vulnerable this winter, and how to fight back.

At risk: Immune system

During winter months, people spend more time inside and in close contact with each other, such as in stores, malls, and restaurants. This means that the flu, coughs, and colds are more easily spread.

What you can do: "Get a flu shot, wash your hands frequently with soap and water or hand sanitizer, and cough and sneeze into the crook of your elbow, not your hands," says Dr. Salamon.

Learn more about how cold weather affects your health at <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>



Sara Brickey, BS, RN

What brought you to PACE?

I heard about a program where patients with Medicaid insurance could receive therapy. Throughout the course of my career, I have found it difficult to find access to therapy for my patients.

What is your favorite part of working at PACE?

My favorite part of working for PACE is the interaction and time I get to spend with my participants and seeing that I make a difference in their health and wellness.

What do you like to do in your free time?

I like to work out at the gym and enjoy watching my kids with their activities. My daughter Abby is a pitcher for the Neosho Community College Softball team in Kansas and I travel all over to watch Abby play. My son, Jacob, is on the special needs cheer squad. I have another daughter, Allixandra "Allix", who was a golfer and played basketball and danced, too.

Who is your role model and why?

My husband, Mitch is my role model. Mitch is now retired from Military Service after 27 years of service. He retired as a First Sergeant in the Army National Guard. He is a leader and a team player, earns respect and trust of his soldiers, and would never ask anything of his troops that he wouldn't do. Mitch is also a dedicated father to his children and a wonderful spouse.

I am happiest when...

When I am on the beach!

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

The most interesting thing I have learned since working at PACE is the practice of using the Interdisciplinary Team (IDT) model. It's interesting how all departments work together to make decisions to best support the participants' needs, with each person from every aspect of their care being invited to the table and all voices being equally heard. I also love the "no red-tape" aspect of PACE. In previous roles, I often struggled to get my patients their needed treatments and equipment because of insurance or Medicare requirements and paperwork. I love that at PACE I can get my participants what they need, when they need it.

DECEMBER 2017 Activities and Fitness Calendar

MON	TUE	WED	THU	FRI
				1
Calendar is Subject to Change Daily				8:30-10:00 Breakfast 9:45-10:30 Bingo 10:30 Bible Study / Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym
4	5	6	7	8
8:30-10:00 Breakfast 10:30 Put Christmas Tree Up / Meditation Class 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 9:45-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class / Christmas Wreaths 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00 Tai Chi Class 10:30 Open Studio 11:00 Emotional Well-Being Group 12:15 Lunch 1:15 Walking Classes 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Brain Aerobics 11:00 Open Studio 12:15 Lunch 1:00 Bowling 2:00 WESTERN MOVIE & Popcorn	8:30-10:00 Breakfast 9:45-10:30 Bingo 10:30 Bible Study /Upper Extremity /Core Exercise Class 11:00 Nutrition Class / Holiday Recipes Group 11:30 Otago Exercise Class 12:15 Lunch 1:00 December Birthdays 1:15 Walking Class 2:15 Open Gym
11	12	13	14	15
8:30-10:00 Breakfast 10:00 Spa Day 10:30 Meditation Class 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 9:45-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00 Tai Chi Class 10:30 Open Studio 11:00 Emotional Well-Being Group 12:15 Lunch 1:15 Walking Classes 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Holiday Hangman 11:00 Open Studio 12:15 Lunch 1:00 Movie & Popcorn 2:30 Physical Activity	8:30-10:00 Breakfast 9:45-10:30 Bingo 10:30 Bible Study / Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym
18	19	20	21	22
8:30-10:00 Breakfast 10:00 Spa Day 10:30 Meditation Class 11:00 Tai Chi Class 11:30 Open Studio 12:15 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 9:45-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00 Tai Chi Class 10:30 Hopfer Art Gallery UGLY CHRISTMAS SWEATER DAY 11:00 Emotional Well-Being Group 12:15 Lunch 1:15 Walking Classes 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Group Holiday Reminisce 11:00 Christmas Movie & Popcorn 12:15 Lunch 1:00 Physical Activity 2:00 Afternoon Brain Aerobics	PACE Christmas Party
25	26	27	28	29
Closed for Christmas	8:30-10:00 Breakfast 9:45-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00 Tai Chi Class 10:30 Open Studio 11:00 Emotional Well-Being Group 12:15 Lunch 1:15 Walking Classes 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Brain Aerobics 11:00 Open Studio 12:15 Lunch 1:00 Toss N Talk 2:00 Group New Year's Traditions	PACE New Year's Party

Special Notice

URGENT OR AFTER-HOURS CONCERNS

For urgent or after-hours concerns about your health and before choosing to go to your nearest Emergency Room please call Valir-PACE directly at 405-609-3688.

Please call 911 at your discretion.

HAPPY BIRTHDAY

Frieda E. — 12/1

Annie C. — 12/6

Carol H. — 12/13

Alva H. — 12/13

Don H. — 12/14

Patti B. — 12/20

Helen L. — 12/25

Marilyn H. — 12/27

Caroline W. — 12/28

