



***Living Life
My Way!***

POSITIVELY PACE OCTOBER 2017

On September 9th, Valir PACE teamed up with The Oklahoma City Fire Department to participate in the "Project Life Run" which allows the Fire Department to raise money for new, life-saving smoke alarms that are provided to residents free of charge! Valir PACE was proud to bring 5 participants to the Fun Walk and 8 team members.

The race is professionally timed and is on a USATF certified course. The race featured music, free food from wonderful sponsors, an Oklahoma City Fire Department Honor Guard welcome, a finisher's medal for every participant, extremely popular t-shirts, medals and trophies second to none, custom race bibs, and a fun morning spent with your Oklahoma City firefighters.



This organized walk was such an accomplishment for these 5 participants, from the left, Les Shaw, June Lewis, Sharon Gibson, Kenneth Louthan, and David Wilson.



It was exciting to see each of the participants overcome such adversity and really persevere to get across the finish line. As little as a year ago, many of these participants would not have thought it possible to attempt something this ambitious. Each of them felt so accomplished and we couldn't be prouder of their hard work that brought them to this point!

PARTICIPANT SPOTLIGHT



Patsy Bishop has been a caregiver all her life, and now receives benefits from caregivers within the PACE program. Patsy first gave love and care to her two children, then became a professional caregiver as a Certified Nursing Aide (CNA). As a CNA, Patsy worked long-term care for a bit but really found her niche in acute care. For years, Patsy applied her trade, combined with love and compassion, at Deaconess Hospital. While at Deaconess Hospital, Patsy enjoyed all the interesting people she got to meet, stating, "The experiences were by far the most interesting." Patsy recalls many instances of praying for and with patients under her care.

Now in her 80's, Patsy has enjoyed her more than two years' membership in the Valir PACE program. She thoroughly enjoys her time at PACE with her friend's and states enthusiastically, Valir PACE is "the greatest thing since popcorn!" Patsy has a group of friends whom all enjoy crocheting. Together, they bring their crochet supplies and work on their latest projects as they chat. Patsy most enjoys making afghans and baby blankets.

When asked Patsy how she keeps herself so youthful, Patsy stated, "The Lord keeps me going" and "laughing a lot!"

We certainly enjoy Patsy's laugh at PACE and are so glad she gets to share it with us!

PACE REMINDER

You spoke and we answered; In response to the requests for greater communication about appointments, Valir PACE has engaged help from automated calls. We are now using automated calls to remind you of upcoming appointments and transmit necessary information about weather, events and more. Please pay extra close attention when you receive an automated call from Valir PACE.

WILL PLANNING

Planning for the end of life can sometimes be a difficult and cumbersome task. Even so, having your end of life plans in place and appropriately documented allots you several benefits and opportunities.

A few of those benefits/opportunities include:

- The chance to delegate who gets your property and who distributes your property. When you die without a will or other estate plans, state laws known as “intestate succession laws” decide which family member will inherit your property
- If you have pets, it allows you the opportunity to delegate who will care for those pets when you are no longer able to
- Specification of your wishes regarding your funeral/memorial planning
- Forgiving of debts
- Creating trusts for your children/grandchildren/other beneficiaries
- It allows you the opportunity to reduce possible conflict among family members by having everything in order. Knowing your specific end of life wishes can provide your loved ones some peace of mind while they grieve your loss.

There are a few ways you can establish a will. One way includes working with an attorney who will provide you with legal advice and assist in drawing up the will. This way can become very pricey for people and not everyone has the funds to afford an attorney. Therefore, a second option is utilization of online programs/software. These online programs/software often still require payment, but is usually much more cost effective than an attorney. A third and final option, which is most likely free or at a very reduced cost includes drawing up and creating your own will. This option requires the signature of two witnesses and a notary, but is just as effective as the other two options.

HAPPY BIRTHDAY

C. MCWHORTER — 10/03

A. KAHRE — 10/04

G. DILLARD — 10/05

M. GRAVES — 10/06

P. MCWHERTER — 10/06

A. KING — 10/09

W. GILMORE — 10/11

L. RICHARDSON — 10/11

G. WEBEL — 10/19

L. SHAW — 10/20

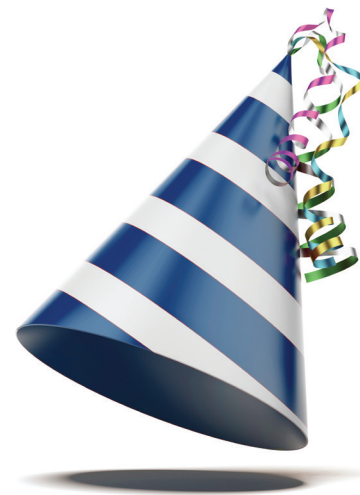
A. COLEMAN — 10/26

J. LONGENBERGER — 10/27

A. NANCE — 10/28

C. WHITE — 10/29

G. COOK — 10/31



PREVENT THE FLU

Fall means football, cooler temps, beautiful fall leaves, and you guessed it, FLU SEASON! Influenza is a serious, contagious disease that can lead to hospitalization and even death, especially in those 65 and older or with high risk diseases like asthma, diabetes or heart and lung disease.

Valir PACE will be providing flu shots to all employees and participants to keep you healthy and safe this flu season. The Centers for Disease Control and Prevention (CDC) recommends you do the following things to prevent getting the flu:

1. **Get a flu shot! Your PACE nurse will schedule you for a flu shot, please don't miss this appointment.**
 - a. While there are many different flu viruses, a flu vaccine protects against the viruses that research suggest will be most common.
2. **Try to avoid close contact with sick people;**
 - a. While sick, limit contact with others as much as possible to keep from infecting them;
 - b. If you are sick with flu symptoms, call PACE to report your symptoms to a nurse at (405) 609-3688;
 - c. Cover your nose and mouth with a tissue when you cough or sneeze;
 - d. Avoid touching your eyes, nose and mouth, germs spread this way.
3. **If you get the flu, antiviral drugs may be used to treat your illness. Antiviral medications can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.**
 - a. Studies show antiviral medications work best when started within 2 days of getting sick, so tell your PACE nurse right away if you believe you have the flu.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

HIDDEN SUGAR CAN BE A TRICK NOT A TREAT

According to the 2015-2020 Dietary Guidelines for Americans, it is recommend to consume less than 10% of your calories from Sugar. If you were on a 2,000 calorie diet, this would mean not to consume more 200 calories from Sugar or 50 grams of sugar.

Many foods that seem to be healthy may actually have a lot of sugar hidden inside. Those who are trying to lose weight or have diabetes may need to pay extra attention to avoid these foods to prevent weight gain or elevated blood glucose levels. It is always good practice to read the food label and check the amount of sugar per serving. This will help you know exactly how much sugar you are eating. You may be able to compare different brands of kinds of food in the store to make the BEST choice before adding it to your cart.

Below is a list of foods to be mindful of that have surprisingly high amounts of sugar in them.

- 100% Fruit Juice and all other juices
- Flavored Yogurt
- Dried Fruits
- Sports Drinks i.e. Gatorade
- Condiments i.e. Ketchup and BBQ Sauce
- Peanut Butter
- Salad Dressing
- Sugary Breakfast Cereal

If you have any questions regarding your sugar intake, please speak with your Dietitian Zella Classen.

LAWAN RATTANA, THANKS FROM VALIR PACE



Valir PACE thanks Lawan Rattana, founder of Buddhawajana Meditation Center. In addition to the Meditation Center, Rattana is a successful entrepreneur. She is an owner of three metro-area Thai restaurants including resort/hotel in Thailand. Ms. Rattana, is generously donating her time to our participants to improve their quality of life.

Meditation is known to impact in the following ways:

- Increase Happiness and Greater Compassion
- Lower Inflammation
- Help with Addiction
- Induce Relaxation, which increases the compound nitric oxide that causes blood vessels to open and subsequently, lowers blood pressure.
- Better Attention and Memory (Leads to less falls)
- Reduce Stress/Anxiety
- Improve Immunity

Dr. Oh and Ms. Rattana hopes that we can enjoy this meditation program together with the goal of creating one more happiness mind at a time.

“When the mind is calm and clear at the same time, happiness spontaneously arises”.

Meditation class begins in October on Mondays at 10:30-11:00AM in the Valir PACE small den.

BENEFITS OF PHYSICAL THERAPY

Physical therapists and physical therapist assistants treat people of all ages and abilities. Here are some ways a physical therapy can help you.

Maximize Your Movement

Pain-free movement is crucial to your quality of life, your ability to earn a living, and your independence. Physical therapy clinicians are movement experts who can identify, diagnose, and treat movement problems.

Participate In Your Recovery

Physical therapists and Physical Therapist Assistants work collaboratively with their patients and clients. Treatment plans are designed for each person's individual goals, challenges, and needs.

Avoid Opioids

Opioid risks include depression, overdose, and addiction, plus withdrawal symptoms when stopping use. In some situations, dosed appropriately, prescription opioids are an appropriate part of medical treatment. However, the Centers for Disease Control and Prevention (CDC) is urging health care providers to reduce the use of opioids in favor of safe alternatives like physical therapy for most long-term pain.

Avoid Surgery

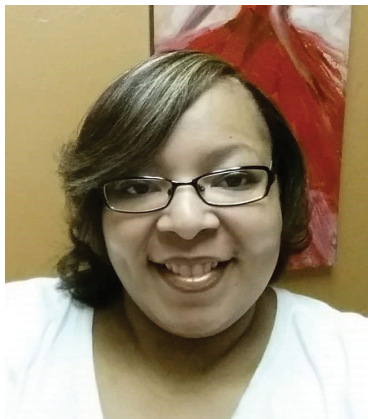
Before you undergo expensive or invasive surgery, try physical therapy. For some conditions, including meniscal tears and knee osteoarthritis, rotator cuff tears, spinal stenosis, and

degenerative disk disease, physical therapy has been found to be as effective as surgery.

HAPPY PT MONTH



EMPLOYEE SPOTLIGHTS



Yolanda Beatty, LPN

What brought you to PACE?

I was scrolling on the internet one night, on my phone, and stumbled across an ad for a PACE nursing position. It seemed

interesting to me, so I started asking around. My sister works for the Department of Rehabilitation and had heard positive things about PACE.

What is your favorite part of working at PACE?

I love the concept of keeping people at home, living independently and getting everything they need in the community and at PACE.

What do you like to do in your free time?

I'm very family oriented. I have a husband and three kids, aged 11 months, 7 years, and 18 years. I just love being with my family.

Who is your role model and why?

My role model is my grandmother. She was a Certified Nursing Aide (CNA) at Saints for over thirty years, she inspired me to be a nurse. I've always wanted to be a nurse, ever since I was very little. At the age of three, I remember having my little nurse bag. As a professional, my friend and former coworker, Inez inspired me.

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

That I was a teen mother. I had my first son when I was 16 but I was so motivated to achieve my goal of becoming a nurse. Being a young mother, drove me, it didn't stop me.

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

I am amazed at the amount of elderly people that require assistance out in the community, the overall need is great. Also, the many organizations, not just PACE, like APS, DHS, that are all playing a role to make sure the elderly are safe.

TRANSPORTATION REMINDER

Please remember, our space on the bus is limited. Please limit what you are bringing with you to no more than one carry-on sized bag. Please note, while we take great care, ultimately, VTS and PACE cannot be responsible for damaged, lost or stolen items if you chose to bring them into the van and into the center. We encourage you bring only what you need for the day and please do not bring valuable items.

OCTOBER 2017 Activities and Fitness Calendar

MON	TUE	WED	THU	FRI
2	3	4	5	6
8:30-10:00 Breakfast 10:00 Around the USA 10:30 Meditation Class 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym 3:00-5:00 Open Studio	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 3:00-5:00 – Open Studio	8:30-10:00 Breakfast 10:00 Halloween Wreaths 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Classes 2:15 Open Gym 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Family Feud 11:00 Group Discussion 12:15 Lunch 1:00 Movie & Popcorn 2:00 Football Toss 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:45-10:30 Bingo 10:30 Bible Study 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
9	10	11	12	13
8:30-10:00 Breakfast 10:00 Name 5 10:30 Meditation Class 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym 3:00-5:00 Open Studio	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 3:00-5:00 – Open Studio	8:30-10:00 Breakfast 10:00 Brain Aerobics 11:00 Memory Boxes 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Classes 2:15 Open Gym 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Monopoly 11:00 Open Studio 12:15 Lunch 1:00 Movie & Popcorn 2:00 Bowling 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:45-10:30 Bingo 10:30 Bible Study 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 Oct Birthday Celebration
16	17	18	19	20
8:30-10:00 Breakfast 10:30 Meditation Class 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym 3:00-5:00 Open Studio	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 3:00-5:00- Open Studio	8:30-10:00 Breakfast 10:30 Halloween Crafts w/ the kids 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Classes 1:15 Birthday Cards 2:15 Open Gym 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:15 Crafts 11:00 Group Discussion 12:15 Lunch 1:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:45-10:30 Bingo 10:30 Bible Study 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
23	24	25	26	27
8:30-10:00 Breakfast 10:15 1960's Trivia 10:30 Meditation Class 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym 3:00-5:00 Open Studio	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 3:00-5:00-Open Studio	8:30-10:00 Breakfast 10:00 Halloween Pumpkin Hunt 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Classes 2:15 Open Gym	8:30-10:00 Breakfast 10:00 Family Feud 11:00 Outdoor Walking 12:15 Lunch 1:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:45-10:30 Bingo 10:30 Bible Study 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
30	31			
8:30-10:00 Breakfast 10:15 Trivia 10:30 Meditation Class 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym	HALLOWEEN PARTY	Calendar is Subject to Change Daily		

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

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Special Notice

VOICE FRIENDS

Please be aware, we are enlisting the help of a new tool to help us better communicate with you about upcoming appointments. You will start receiving automated calls from this service as we begin rolling out the tool. The calls will be for appointment reminders for PACE clinic appointments and external appointments. Calls / text messages coming in to remind you of appointments will be from the number (405) 357-9131; some messages will offer you an opportunity to press (1) to confirm your appointment or press (2) to cancel or reschedule.