



***Living Life  
My Way!***

# **POSITIVELY PACE SEPTEMBER 2017**

## **September is National PACE Month**

The National PACE Association (NPA) has announced that September is National PACE Month. This observance recognizes the work of Programs of All-Inclusive Care for the Elderly (PACE®), which coordinate and provide all needed preventive, primary, acute and long-term care services so older adults can continue living at home in their community.

Delivering Independence is the theme, this celebrates the success of Programs of All-Inclusive Care for the Elderly have in helping seniors remain in their community and their homes. PACE programs across the United States work diligently to remove barriers that often prevent seniors from receiving access to quality healthcare. Transportation is just one of the keys to this success PACE programs offer. This unique attribute is keeping over 90 percent of their enrollees in the community.

Valir Transportation Services (VTS) provides quality curb to curb each week so that our PACE participants arrive safely at the center, additionally VTS has sponsored field trips so that our participants can enjoy festivals and activities they might not otherwise be able to attend.



This month, Valir Transportation Services, has once again offered to donate their services so that several Valir PACE participants may support the Oklahoma City Fire Department's Project Life 1K event.

Valir PACE serves seniors in Oklahoma County. Valir PACE has served the community for 2½ years, helping seniors to live in the community. Nationally, there are 239 PACE centers serving more than 40,000 PACE enrollees in 31 states. This month help us celebrate PACE programs and all they are do to help keep our seniors safe and living in their own homes.

Please remember to say thank you to the PACE drivers, not only for the generous events they sponsor so participants can enjoy a variety of activities in our community, but also for the work they do each day.

## **PACE Month Events**

Special Crafts – 9/6

Story Time with PACE – 9/13

Tailgate Party – 9/19

Fair Day – 9/27

## PARTICIPANT SPOTLIGHT



In August, 2016 Sharon Gibson had a doctor appointment that did not go well at all. Gibson's COPD was getting progressively worse and her pain was increasing even though she was seeing several doctors. Gibson felt if she did not do something to change her situation she would end up in an assisted living or nursing home. "I felt I was on death's door", she said.

Gibson recognized that even though she had several doctors, none of them were communicating with one another and her situation was continuing to worsen. One of the many attributes she found appealing about the PACE program was that they would look at her and her health situation in its entirety and everyone was all in one location. Ms. Gibson stated, "I knew with the right treatment my health and quality of life could improve."

Too often seniors with multiple, chronic health conditions have several doctors and specialists, but they do not see improvement in their health because they do not talk to one another. This is one way PACE, program of all-inclusive care for the elderly, has been able improve the quality of life those on the program. Dr. Winchester, the primary care physician, for the Valir PACE program has often described it as follows, "we take those seniors that are the sickest of the sick and standing at the cliff and help move them back from the edge; one step at a time."

Sharon Gibson started with PACE on September 1, 2016, by December she was already beginning to feel better. Through exercise, therapy and diet many of her symptoms continue to subside. Her joints did not ache anymore, her posture is better, she has been able to maintain her weight and her breathing is not near as labored. She used to need 3-4 liters of oxygen a day, but now she is only using 1-2 liters. There are now periods of time when she can go without her oxygen, which never used to be the case.

Prior to coming onto the program, she would not have been able to participate in Tai Chi, the walking program or doing daily exercises that continue to help improve her health. She stated she loves the exercise equipment that was donated and noted she has a special place in her heart for the one that donated it to PACE.

nominee Name: Shelby/Amazula P.T.  
specific examples of how the nominee has demonstrated the core value(s)  
The Tai Chi classes have helped me many ways. It provides emotional stress release and helps my anxiety levels remain low. It improves my balance. I have not fallen since taking Tai Chi classes. My breathing, strength, and heart rate have improved. My well being - physical, emotional & spiritual has improved largely due to the diligence of our P.T. staff.  
I thank you for giving me my life back  
ominator's Name / Date: Sharon Gibson 7/24/2017

"I am especially grateful to Dr. Winchester for working with me to decrease the pain medications I was taking", Gibson stated. She indicated they worked on a plan together to transition off the pain medication because it is better for her health if she does not take them.

Ms. Gibson feels it is a blessing to be able to help and give others encouragement since her health has improved. She considers those in the PACE program her other family. We feel blessed that you are part of the PACE family, Mrs. Gibson!

## EMOTIONAL WELL-BEING

### EMOTIONAL WELL-BEING CLASS STARTING ON SEPTEMBER 20

#### *What is emotional well-being?*

Emotional well-being is not the absence of emotions, but it is your ability to understand the value of your emotions and use them to move your life forward in positive directions.

Everyday emotional well-being also involves identifying, building upon, and operating from your strengths rather than focusing on fixing problems or weaknesses. The better you are able to master your emotions, the greater your capacity to enjoy life, cope with stress, and focus on important personal priorities. (SelfGrowth.com)

Some of the topics that will be discussed in helping you to improve your emotional wellness include:

- Managing your stress
- Seek balance in your life
- Remain positive as much as possible
- Accepting your mistakes
- Remember whenever you hit a bump in the road, that this too shall pass
- Accept support - you do not need to go through tough times alone

Join us in attending our new Emotional Wellness Group here at PACE.....

## HAPPY BIRTHDAY

**D. Young** — 9/01

**C. Myers** — 9/03

**R. Longenberger** — 9/04

**D. Wilson** — 9/05

**N. Felix** — 9/06

**K. Ramsey** — 9/06

**B. Dillard** — 9/07

**D. Spiser** — 9/08

**R. Day** — 9/9

**R. Mock** — 9/9

**K. Vick** — 9/9

**D. Foster** — 9/12

**M. Hartley** — 9/12

**B. Hopfer** — 9/14

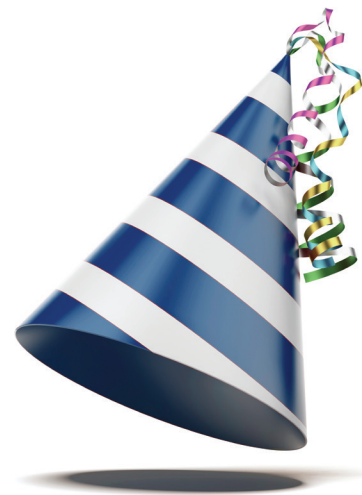
**K. Carter** — 9/16

**G. Berry** — 9/21

**C. McHuin** — 9/22

**A. Clayton** — 9/26

**C. Clyde** — 9/26



# YOU HAVE THE POWER TO PREVENT A FALL



## Join us in September as we celebrate **10 Years Standing Together to Prevent Falls**

**When:**

Every Friday of September 11:30AM-  
12:00PM

**Where:**

Valir PACE  
721 N.W. 6<sup>th</sup> Street  
OKC, OK 73102

**What:**

Lunch & Learn Fall Prevention Education  
Series

**Education Series:**

Sept. 1: Falls Risk Assessment  
Sept. 8: Durable Medical Equipment  
Assessment – Bring your assistive device  
Sept. 15: Safety use with Durable  
Medical Equipment  
Sept. 22: Falls Free in Your Home  
Sept. 29: Benefits of Tai Chi & Otago  
Exercise

***Healthy living is about education and action.***

Falls Prevention Awareness Day is sponsored by the National Council on Aging and your  
local Falls Free® Coalition. For more information about Falls Prevention, go to:  
[ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention)



## B IS FOR BRAN, B IS FOR BREAKFAST

Get up in the morning, tired? Haven't slept well? and now you need to cook breakfast? It can be difficult to stand to cook or have the energy after a restless night to cook, and therefore you may skip breakfast. However, breakfast is the most important meal of the day! Breakfast helps boost one's metabolism, prevent nausea, maintain normal levels of blood glucose, etc. the list goes on and on. Prepare these calorie-controlled bran muffins weekly and eat on them throughout the week for breakfast. This will help reduce time spent in the kitchen from day-to-day as they are already cooked and easy to re-heat. These bran muffins are high in fiber which is good for your heart and your digestive tract!

### Ingredients:

	½ C Brown Sugar
2 Ripe Bananas	½ C. Splenda
2 C. Fiber One bran	1 tsp. Cinnamon
¾ C. Fat-Free Milk	1 tsp. Baking Powder
1 C. Unsweetened applesauce	1 tsp. Baking Soda
½ C Whole Wheat Flour	Directions:

½ C White Flour

Preheat oven to 325 degrees and line standard muffin pan with paper liners and set aside. Warm milk and pour over bran in bowl and sit for 5 minutes. In a separate bowl, combine all other ingredients, mix. Add bran mixture to the other ingredients, mix well. Spoon batter into prepared muffin tins, filling about 2/3 of each cup. Bake for approximately 45 minutes. Enjoy daily for a quick and easy breakfast option!

1 Muffin has approximately 120 calories: 4g Protein, 30g Carbs, 1g fat.

## COPD EXACERBATION

**You can help prevent COPD exacerbations by following certain self-care practices. These include:**

- Avoiding exposure to lung irritants in your home such as kerosene heaters, smoke or chemical fumes.
- Avoiding large crowds during cold and flu season to prevent getting sick.
- Drinking plenty of fluids to prevent mucus from becoming too thick.
- Remind your care giver of your yearly flu shot to prevent a respiratory infection.
- Keeping regular appointments with your healthcare provider.
- Remind your care giver of your pneumonia or pertussis shot.
- Practicing healthy habits, such as getting enough sleep at night and eating a healthy diet.
- Quitting smoking if you currently smoke or avoiding secondhand smoke. (Bars and Casinos)
- Washing your hands frequently and using hand sanitizer to prevent the spread of germs.
- If you are on Oxygen, make sure you are using it as instructed by your doctor.
- Use all your treatments as prescribed including inhalers and breathing treatments.

**If you have questions regarding your condition please schedule an appointment with your nurse.**



### **LaRoy Richardson**

#### **What is your favorite part of working at PACE?**

The participants, I love learning from them and all about their lives. I also really love to help them, I like to solve problems so if

they have a problem, I want to try and help them solve it. I am a people person, so I love to be around others and interact.

#### **What do you like to do in your free time?**

I like dancing, crafting, singing karaoke and baking. I also enjoy crocheting and hand stitching. My friends call me 'grandpa' because so many of my hobbies are things that one typically enjoys when they are older. I also really enjoy listening to music, some of my favorite types of music are jazz and the classic oldies.

#### **Who is your role model and why?**

My uncle, Guy. He is such an inspiration he is an entrepreneur. He was the primary male influence in my life and had a big part in my education. He kept me motivated and encouraged me when I was getting my CNA.

But my grandmother was also very important to me. She taught me how to cook and basically be a civilized human being. She is the reason I decided to pursue the health field. When I was younger, she was diagnosed with tuberculosis and the facility she was staying at was no longer going to let her stay. So she came to live with us so we could take care of her. I admired her fight.

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

I would have continued my original dream to become a Physical Therapist. My grandmother died during the time I was starting school and I didn't continue down the path I had originally planned. But I still have plans to become a Physical Therapist, so I am going to start with getting my PTA.

#### **What is your Perfect Day?**

Being outdoors, when the weather is perfect; like an Indian summer day and live music playing.

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

I was born in the backseat of a Cadillac Deville. I was premature; born at seven months old. And, I am a jack of all trades, master of some!

#### **You mentioned your grandmother had been sick, do you think she would have benefited from PACE?**

I wish this program had been around when my grandmother was sick. I think she would have enjoyed and benefited from it so much. She loved to exercise and especially to be around people. I believe it could have really improved her quality of life when she was so sick.

Also, one of our current participants was my grandmother's best friend.

# SEPTEMBER 2017 Activities and Fitness Calendar

MON	TUE	WED	THU	FRI
				1
<b>Calendar is Subject to Change Daily</b>				8:30-10:00 Breakfast 9:30-10:30 Bingo 10:30 Bible Study or 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
4	5	6	7	8
<b>CLOSED FOR LABOR DAY</b>	8:30-10:00 Breakfast 10:00-10:30 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 Trivia 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 2:15-4:45 Open Gym 3:00-5:00 – Open Studio	8:30-10:00 Breakfast 10:15 Bird Feeders 11:00 Bowling 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 2:00 Outdoor Walking 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:30-10:30 Bingo 10:30 Bible Study or 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
11	12	13	14	15
8:30-10:00 Breakfast 10:15 Group Discussion 11:00-12:00 Tai Chi 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 9:30-10:30 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 Current Events 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 2:15 Open Gym 3:00-5:00 – Open Studio	8:30-10:00 Breakfast 10:15 Flower Arrangements 11:00 Trivia Game 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 2:00 Collages 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:30-10:30 Bingo 10:30 Bible Study or 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 <b>Sept Birthday Celebration</b>
18	19	20	21	22
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00-12:00 Tai Chi 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 9:30-10:30 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 Trivia 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 2:15 Open Gym	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Kickball 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:30-10:30 Bingo 10:30 Bible Study or 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
25	26	27	28	29
8:30-10:00 Breakfast 10:15 Toss N Talk 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 9:30-10:30 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 Arts and Crafts 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Beach Volleyball 2:15 Open Gym	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Movie and Popcorn 12:15-1:00 Lunch 1:00 Bowling 2:00 Outdoor Exploring 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:30-10:30 Bingo 10:30 Bible Study or 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

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

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PERMIT NO. 2134

# 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.