



***Living Life
My Way!***

POSITIVELY PACE MARCH 2017

Partnership with OKC Fire Department Helping to Keep Seniors Safe

The OKC Fire Department and Valir PACE (Program of All-inclusive Care for the Elderly) are partnering to help keep seniors safe in the community. Through a program called Remembering When™ the OKC Fire Department and Valir PACE are working together to bring education and information to seniors, a group that is often at risk for being killed or injured by fire or falls.

The National Fire Protection Association (NFPA) is committed to helping communities reduce fire and fall injuries and deaths among older adults through the Remembering When™ Program. National trainings are provided for fire department representatives along with their community partner to ensure they are providing the best possible collaboration for their communities.

Remembering When™ is focused on 16 key safety messages – eight fire prevention and eight fall prevention - developed by experts from national and local safety organizations as well as through focus group testing in high-fire-risk states. The program was designed to be implemented through a partnership comprising of the local fire department and a program such as Valir PACE that serves the senior population. Additionally, the community organization/partner must have a home visit component in the services they are providing to seniors.



Valir PACE utilizes a team-based care approach providing a personalized, comprehensive healthcare plan to seniors in our community that may not have had access to quality healthcare in the past or are struggling to get the care they need. All the services we provide to our participants, which are medically necessary, are at no cost or out of pocket for the participants. PACE programs, such as Valir PACE, is the future of healthcare. Those enrolled in our program have better health outcomes, less visits to the emergency room, while continuing to live in their own home, with our assistance.

If you would be interested in having our team come to your senior community and do a presentation that can help save seniors lives and reduce the risk of falls, please contact Diane Sarantakos, Director of Development at (405) 609-3695 or email diane.sarantakos@valir.com.

PARTICIPANT SPOTLIGHT



If you ask Arlena King how she is on any given day, she replies, “I am blessed.” That answer may not have been the same for her prior to October, 2015. King had closed herself off from activities and socializing from others due to the pain she had been experiencing for ten years. “I had no appetite because I was just in too much pain.” If constant pain wasn’t enough, she was undernourished weighing only 147 pounds, had high blood pressure and was experiencing multiple heart issues.

Since enrolling PACE in October, 2015 King is now up to 175 pounds, received a hip replacement and is regaining her health and strength from head to toe. She has blossomed into the center’s social butterfly and enjoys welcoming new participants when they first come to the center and gives hugs to everyone.

King feels strongly that God led her to Valir PACE. “When I was in pain and suffering, I asked God for guidance. God had told me to be patient that he had something coming that was going to be of value to me.” She says being a part of PACE has brought joy to her life again.

Like most seniors when they first hear about PACE she couldn’t help but feel that it was “too good to be true.” But now she is the first person to tell others that it is all true! King is on a mission to lead others to PACE. “Valir PACE has been a blessing to me. It is a Godly place that is so helpful to seniors, enabling them to reconnect with others, learn new things, receive much needed physical therapy and have their nutritional needs met. They are my second family.”

Ms. King, thank you for being part of our family, the Valir PACE family. We are so very grateful for the joy you have brought into our lives and feel blessed that you have allowed us to make a difference in your life.

HEARING FOR SENIORS PROGRAM

Oklahoma Seniors Cabaret Hearing for Seniors Program

John W. Keys Speech and Hearing Center

College of Allied Health :: University of Oklahoma Health Sciences Center :: 405-271-2866

Eligibility Criteria

The Oklahoma Seniors Cabaret Hearing for Seniors Program is a program of the John W. Keys Speech and Hearing Center on the OU Health Sciences Center campus. This program assists with low income individuals in obtaining new digital hearing aids provided by the Oklahoma Seniors Cabaret Hearing for Seniors Fun.

Eligibility for this program includes:

- Meeting the salary qualifications as outlined in the adjacent table
- Being at least 55 years of age or older

Income guidelines*

Number of family members supported by income:	Monthly Income:
1	\$1,226
2	\$1,659
3	\$2,093
4	\$2,526
5	\$2,959
6	\$3,392
7	\$3,826
8	\$4,259

*Income guidelines are based on 125% of the 2015 Department of Health and Human Services (HHS) Annual Poverty Guidelines

Qualified individuals receive:

- One or two (as needed) new digital hearing aids

Diagnostic hearing testing will be billed to the individual’s primary insurance. Individuals with no insurance benefit will be billed at the clinic’s current sliding scale rate.

CLINIC SUPPORT

Medical Appointments and Family Engagement

Studies have shown that greater engagement from your family and friends leads to better outcomes for you! At Valir PACE we want to welcome you and your loved ones into the care team to provide us with YOUR goals of care, ask questions and learn how you can be supported in reaching your goals. This is your opportunity to be in the driver's seat. The greater involvement we get from you and your loved ones, the more support you receive. For this reason, it is extremely important that your loved ones are involved at every possible opportunity.

You are encouraged to bring your loved ones for medical appointments at PACE and most importantly, to attend appointments with your specialty providers outside of PACE. If your loved ones are going with you to appointments we can be much more flexible in the dates and times of the appointment often resulting in a much quicker appointment AND you have someone there with you that you trust in the event you need to make an important care decision at that time.

Talk to someone on your care-team today about ways we can help encourage your family and friends to be a part of your success!

EMPLOYEE AWARDS 2016



Carmen Felix
Direct Patient Care



Cathy Albright
Support Staff



Tiffany Dyer
MVP (Most Valuable PACer)



Stroke Survivor & Caregiver LUNCH AND LEARN SERIES

WEDNESDAY, APRIL 5
11:30 A.M. - 1 P.M.

Join us for our bimonthly Stroke Survivors & Caregivers Lunch and Learn. This is a free event for all interested in support benefiting a stroke survivor, their caregiver, and all that know and loves these individuals. All attendees will enjoy a complimentary meal and refreshments.

If you are interested in attending a luncheon, please visit www.valir.com/events or call 405.609.3604 for additional details

Have you witnessed a colleague or staff member being awesome at work lately?

Valir PACE has recently launched a new core value program. The purpose of the core value program is to recognize our personnel who are living Valir PACE's stated six core values: Integrity, Teamwork, Caregiver, Humility, Solution Oriented, and Job Skills.

The program encourages peer to peer recognition, as well as participant recognition of a staff member. Every time you recognize a staff, s/he will be entered into the monthly drawing for a gift card. So get your nomination in, be as specific as possible when filling out the nomination form and help recognize those individuals that make Valir PACE one of the best places to work!



Employee Core Value Recognition Program

Please consider the CORE VALUES listed below as guidelines to complete the Nomination Form found at the front desk.

INTEGRITY involves moral judgment and character, honesty and leadership values. Individuals who show integrity in the workplace not only understand right from wrong but they practice it in all they do. Integrity is doing the right thing, even when no one is watching.

TEAMWORK one belongs to a team, one feels a part of belonging to something bigger than oneself. This includes understanding the aims and objectives of the company. A good and efficient team member contributes to the success of the organization.

CAREGIVER One who above all, seeks to provide comfort and support to those in need. Compassionate.

HUMILITY is one that realizes that they cannot go it alone. They are willing to help others the need arises. Humility also involves being open to learning from others including from participants, peers, and supervisors. Without ego.

SOLUTION-ORIENTED is one who finds solutions to problems. Rather than dwelling on dilemmas faced in the workplace, a person who is solution-oriented takes an active approach in solving them.

JOB SKILLS involves being well skilled in your trade.



Cathy Albright

What did you do in your previous life?

I worked for Lockheed Martin a global aerospace, defense and security company. I was with them the first time for 16 years in logistics and supply chain management. I took

early retirement but later returned to work for them as an independent contractor. During my time as a contractor I was able to travel around the world - that was fantastic.

What do you like to do in your free time?

I am enjoying going to school, studying horticulture education. I believe it is more enjoyable this time around because I do not have to go, but want to attend. When I complete my program I will be a master gardener. My sisters and I are looking forward to starting a horticulture business together in "our retirement."

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

I wasn't familiar with not for profit organizations. It's different in a lot of ways. So as I am considering a business with my sisters in the future it helps understanding those differences, then we can choose the best path for our business. I also have been fascinated all the different professions and journeys our participants have taken. I think we are all put on a path for a reason.

Who is your role model and why?

My youngest brother. He went through three branches of the military before he retired. He started at a very young age with no direction and now he is a contracted Blackhawk trainer for the United States government. He is also a peanut farmer in Alabama. Another amazing thing about him is that while I am in my 50's and have grandkids; he is in his 50's but he and his wife have chosen at this age to adopt three children. He is definitely my role model, and then there is the hope he might read this and not charge me such high consulting rates.

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

I would have made it a priority to become and continually be entrepreneurial. I enjoy the challenge and don't even mind the heart break that can go with it. I believe everyone should try to experience that in their lifetime. It's only hard if you say it's hard!

Best vacation

I went to Belize with my sisters for a month. There is also a very funny story about nude beaches...

FALL PREVENTION TIPS

Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



ncoa
National Council on Aging

To learn more, visit ncoa.org/FallsPrevention.

NATIONAL COUNCIL ON AGING

571-527-3900 ■ www.ncoa.org
www.facebook.com/NCOAging ■ www.twitter.com/NCOAging

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NATIONAL NUTRITION MONTH

Nutrition Label Word Search

E T B J G N I V R E S Q C F B S U G A R
B F V Q N K A C S W X F I B E R E K C I
V F E Z I S B A K W H P S B J M D W Z W
A C O M E Z K L A U K V G F U B E S X A
L O R E T S E L O H C S A I R M T N X F
P Q B P O A H S G O B R S L W I A A Z E
E F T J R C D A N G O S H F U N R R D T
R I P F P Q K L P I A W A M S E U T Z D
C K C J G R A J L T J T Y E X R T R Z S
T R Q D A I N T O S P J T G A A A L K D
R J H S P L N P N E S A X Z U L S T A F
T B Z Y D M I G R I R T T B K S V Z T A
Y G D A L K P C R D I U N I X U B Z C J
O U I M U V E W Y E R Q K E L Y B U M P
C L V U Y N C H R S D A U M I I E B Z F
Y I D I T S O D I U M I D P F R B J D K
W K Z C J B C A L O R I E S S Q T R L P
N J F L R P O R T I O N Z N I R I U F S
Q M I A R B V S J B X Y R J T Z O L N W
B G C C X O K C X I V Y O G I S E K Z A

CALORIES
CARBOHYDRATES
FIBER
PORTION
TRANS
PERCENT
SATURATED
POTASSIUM

FAT
NUTRIENTS
SERVING
SIZE
FAT
DAILY
INGREDIENTS
SODIUM

CHOLESTEROL
MINERALS
SIZE
SUGAR
PROTEIN
VALUE
CALCIUM

MARCH 2017

MON	TUE	WED	THU	FRI
		1	2	3
Tabletop games, velvet art, and crossword puzzles are always available during your center attendance...		Valir Pace 2 Year Anniversary Celebration	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Arts & Crafts 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio
6	7	8	9	10
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00 Level 2 Fitness 11:30 Brain Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:30 Bible Study 11:00 Level 2 Fitness 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10 -4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Wii Game 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio
13	14	15	16	17
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00 Level 2 Fitness 11:30 Brain Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:30 Bible Study 11:00 Level 2 Fitness 11:30 Level 1 Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10 -4:45 Individual Exercise / Open Studio March Madness Competition 1:15 - 2:00	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Crossword Puzzles 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio March Birthday Celebration
20	21	22	23	24
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00 Level 2 Fitness 11:30 Brain Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:30 Bible Study 11:00 Level 2 Fitness 11:30 Level 1 Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10 -4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Arts & Crafts 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio
27	28	29	30	31
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00 Level 2 Fitness 11:30 Brain Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:30 Bible Study 11:00 Level 2 Fitness 11:30 Level 1 Fitness 12:15-1:00 Lunch 1:00 Walking Classes 2:10 -4:45 Individual Exercise / Open Studio	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Arts & Crafts 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00 Bingo 10:30 Level 2 Fitness 11:00 Nutrition Class 11:30 Level 1 Fitness 12:00-1:00 Lunch 1:15 Walking Classes 2:10-4:45 Individual Exercise / Open Studio

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

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OKLAHOMA CITY, OK
PERMIT NO. 2134

Special Notice

AVAILABLE POSITIONS

Marketer – full time
Receptionist - full time

HAPPY BIRTHDAY

- | | | | |
|-------------------------|-----------------------|------------------------|------------------------|
| Russell M — 3/7 | Dan G — 3/16 | Nancy C — 3/25 | Marie H — 3/27 |
| Laura M — 3/7 | Jerry S — 3/19 | Gail B — 3/26 | Warren B — 3/29 |
| Francine S — 3/7 | Peggy T — 3/23 | Louise F — 3/26 | Jackie H — 3/31 |
| Mary S — 3/13 | Joyce P — 3/23 | Al M — 3/26 | |

