



***Living Life
My Way!***

POSITIVELY PACE MARCH 2018

Valir PACE is Turning Three!



Valir PACE is turning three, and to celebrate they've planned a Vegas themed soiree! The program's day center, located at 721 NW 6th St in Oklahoma City, will be transformed into a casino for a day, complete with an Elvis impersonator, table games, a buffet, and photo booth. Feeling lucky? Join in on the fun on March 2, from 10:30 a.m. – 12:30 p.m. We welcome the public to schedule a tour, or come during the event time, as it will be an open house event.

PACE will be celebrating the hundreds of Oklahoma City area seniors that have benefited from the program since opening in March of 2015. This program provides comprehensive health

care, medication, therapy, transportation, social interaction at the PACE center, hot meals, and even adaptive equipment for their home to provide a safe environment.

“I'm really proud of all we have done and the people we have helped since our inception. Our participants are enjoying the benefit of PACE's unique team-based approach to care which is resulting in dramatically reduced hospitalization rates, fall rates, and many more positive health outcomes. We continue to strive to bring value to our participants and are excited to be rolling out an emphasis on wellness which will continue to keep our seniors safe and living in their own homes,” said Program Director Brandy Bailey.

THANK YOU TO THOSE THAT HAVE MADE THIS POSSIBLE

We could not have made it this far without the help of many valuable team members that work hard every day to meet the need of our PACE participants. But, we have some very special PACE team -members that have been with us since our first year open in 2015. Thank you for giving so much of your time, energy and love! Many have been blessed by you throughout your years of service.

Tiffany Dyer

Vicky Enyinna

LaDonna Sams

Vicki Lampley-Dallas

Oh Bunnag

Ruth Wilsey

Ann Craig

Sara Brickey

Shaminka Cargile

Nicole Jones

Brian Jones

Annette Locklear

Christina Tilford

Chuti White

Taja Gilstrap

Hilary Murithi

Wesui Gilmore

Ryan Sims

And thank you to our very special community partners that have donated prizes to make this day extra special as well as provide valuable services and supplies to help our program operate each day!



Tecumseh Medical



Ben E Keith

IMPROVE YOUR HEALTH OUTCOMES

To improve our service to our PACE participants and your health outcomes, Valir PACE is partnering with an experienced and local pharmacy solution, Omnicare. This is an exciting partnership that will allow us to be more responsive to your ever-changing health and wellness needs! This transition will occur on March 1st. To ensure a smooth transition, we have a few details of the things that you may want to know:

- We now have a local pharmacy who will deliver medications directly to you as needed! This will be a great benefit to you and to your PACE team.
- Your multi-dose packaging will look slightly different but should function the same. We will have samples of the new boxes at the PACE center, so you can see them before your medications ship.
- **Please continue to alert your nurse if you are running low on bulk medications and PRN medications.** This includes all creams, powders, inhalers, insulin and PRN medications like Coumadin or pain medications. This process will NOT change.
- Your medications will be delivered to you on your normal cycle, **but will require a signature.** **Medications will not be left at your door!**
- Medications will be delivered on Wednesday, the week of your normal medication delivery, between the hours of 4pm and 8pm. You will receive a call from the pharmacy prior to delivery to ensure you will be home to receive the medication.
- If you miss your scheduled delivery, please call PACE and arrange to be available for a delivery to your home the next evening (Thursday) or to pick up your medications from the PACE facility.
- Cycles remain the same:
 - **I-Q medications begin on — 3/3 and will be delivered by Friday, — 3/2**
 - **R-Z medications begin on — 3/10 and will be delivered on Wednesday, — 3/7**
 - **A-C medications begin on — 3/17 and will be delivered on Wednesday, — 3/14**
 - **D-H medications begin on — 3/24 and will be delivered on Wednesday, — 3/21**
 - **I-Q will fill again for a start date of — 3/31 and will be delivered on Wednesday, — 3/28**



If you have any concerns about your medications, please call PACE at 405-609-3688. If you are running low on any insulin, inhalers, other medications that are not typically in your multi-dose pack, please let your nurse know now.

ACTIVELY REDUCE THE CHANCES OF A FALL

1. Address any medical conditions – As stated above, you should seek frequent medical checkups. The health of the individual is the most important aspect of fall protection.
2. Modify the environment – To reduce the risk of a fall, reduce the number of hazards in your home. And as you do so, keep in mind your or your loved one's physical limitations you can to eliminate risks that you may face in particular. Some common modifications include front-door showers, putting carpet on floors, widening door frames, reducing door curb height and installing various fall protection systems.
3. Improve the older adult's physical fitness – Beginning a daily exercise regimen greatly reduces the risk of a fall. The benefits include stronger muscles, bones, and connective tissue, an increased awareness of the environment, more energy for greater balance and a stronger gait, and a higher resistance to unexpected events. Special exercises may be employed to bolster weaker areas and improve holistic physical fitness.
4. Get the right clothes and shoes – Any and all loose clothing that could catch on a door frame, nail, or furniture should be removed from the home. Choose shoes that fit and follow the limitations mentioned above (no slick soles, no loose material, etc.).
5. Improve your home's lighting – Your home should be neither too bright nor too dark. A dark home hides hazards, and a home that is too bright can be just as dangerous. In general, if there is so much light that it causes the resident of the home a problem, then it should be reduced. This includes rooms in the home that may let in too much sunlight during peak hours.
6. Incorporate the appropriate assist devices – Older adults who have physical limitations may need to use a walker or cane to help them get around, and you should adjust your fall prevention plan accordingly. In addition, many fall prevention programs include installing grab bars throughout the home.
7. Get proper nutrition – Eating properly helps an elder adult engage more thoroughly with the surrounding environment. A good diet improves the nervous system, gives energy to the body's muscle systems, and encourages heightened brain function. And getting adequate liquids can produce similar benefits.



WHAT TO DO IF A FALL HAPPENS

Prevention is key to avoiding injuries and other problems related to falls.

But accidents happen despite the best laid plans. If you witness a fall, you experience a fall or you are called into a situation involving a fall, follow the steps below.

IF YOU FALL

Remain calm. Assess your physical well being. Can you get up? Do you feel pain if you try? Stay down as long as it takes to assess your condition, and do not make any overly strenuous or sudden movements.

If you think you can get up, follow these steps.

1. Lie down on your side. Bend your top leg and lift your upper body into position resting on your elbow.
2. Pull your body towards a sturdy stationary object. Drag yourself up into a kneeling position while using your hands to pull yourself up.
3. Put your strong leg in front of your body while you are holding the stationary object.
4. Stand up.
5. If you are near a chair, turn, sit down, and call for medical assistance.
6. If you cannot get up, follow the steps below.
7. If you feel as though you will be heard, call out for medical assistance.
8. If you have a fall prevention lanyard, take it out to serve as identification. Use your cell phone to call for assistance if you have it on hand and you can reach it without straining yourself.
9. If you do not have your cell phone or emergency call device on hand, slide yourself to the nearest phone or bench.
10. Make as much noise as possible to draw attention to your situation. Use your walking implement if you need to.
11. Get into a comfortable, safe position and wait for help. Make sure to protect your joints.
12. If the person who has fallen cannot get up, call for medical assistance first, if necessary, and then administer first aid without moving them. If you do not know first aid, make sure the person is as comfortable as possible until professional medical assistance arrives. Pay special attention to the joints.

If the person who has fallen can get up, help that person by bringing a chair. Help the person achieve the positioning mentioned above in the section entitled, "If You Fall."

***Please notify a Valir PACE staff member when you have a fall. Details of your fall should include: date, time, location of fall, and what happened. Your team will work with you to help investigate your fall and reduce your falls risk.

Link to this article: <http://www.aging.com/preventing-falls-in-older-adults/http://www.aging.com/preventing-falls-in-older-adults/>

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.

NOT FEELING WELL?



Call PACE if you are feeling unwell. The nurses and doctors that know YOU best are ready and able to help you through. Call (405) 609-3688 to receive immediate advice or treatment!

Also, we have added another doctor to the team to better meet your needs. Please help us welcome Dr. James Ferris to the PACE family! Dr. Ferris, along with Rena, and Dr. Winchester are dedicated to helping you heal!

HAPPY BIRTHDAY

Porfiria C. — 3/2

Ann S. — 3/5

Lang T. — 3/5

John G. — 3/7

Russell M. — 3/7

Mary S. — 3/13

Bobby T. — 3/13

Birdie B. — 3/15

Orbery G. — 3/16

Jerry S. — 3/19

Ron M. — 3/23

Joyce P. — 3/23

Peggy T. — 3/23

Nancy D. — 3/25

H Berry — 3/26

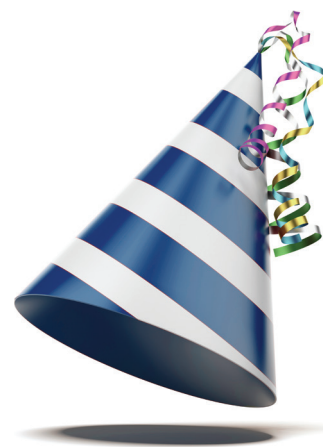
Marie H. — 3/27

Michael E. — 3/28

Carolyn H. — 3/28

Warren B. — 3/29

Jackie H. — 3/31



MARCH 2018 Activities and Fitness Calendar

MON	TUE	WED	THU	FRI
			1	2
Calendar is Subject to Change Daily			8:30-10:00 Breakfast 10:30 Trivia 11:00 Group Board Games 12:15 Lunch 1:30 Physical Activity 2:00 Movie & Popcorn	Valir PACE 3 Year Anniversary Party!
5	6	7	8	9
8:30-10:00 Breakfast 10:30 Spanish Class 10:30 Meditation Class 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Group 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 TBA Healthy & Happy Group 11:30 Otago Exercise Class 12:15 Lunch 1:15 Walking Group 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Tai Chi 11:00 Emotional Well-Being Group 12:15 Lunch 1:15 Walking Group 2:15 Open Gym	8:30-10:00 Breakfast 10:30 AM Brain Aerobics 11:00 Open Studio 12:15 Lunch 1:30 Physical Activity 2:30 February Unscramble	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 1:00 MARCH Birthdays 1:15 Walking Group 2:15 Open Gym
12	13	14	15	16
8:30-10:00 Breakfast 10:30 Spanish Class 10:30 Meditation Class 11:00 Tai Chi Class 12:15 Lunch 1:15 Walking Group 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 TBA Healthy & Happy Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Group 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Tai Chi 11:00 Emotional Well-Being Group 12:15 Lunch 1:15 Walking Group 2:15 Open Gym	8:30-10:00 Breakfast 10:30 AM Trivia 11:00 Open Studio 12:15 Lunch 1:00 Movie & Popcorn 2:30 Physical Activity	St. Patrick's Celebration 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 Group 2:15 Open Gym
19	20	21	22	23
8:30-10:00 Breakfast 10:30 President's Day Crafts 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 TBA Healthy & Happy Class 11:30 Otago Exercise Class 12:15 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Tai Chi 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 Socialization 11:00 AM Trivia 12:15 Lunch 1:00 Open Studio 2:00 Physical Activity	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
26	27	28	29	30
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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

Help Wanted:

Help us grow our PACE family to better meet your needs. We are looking for full and part-time help in the following areas:

Social Work Assistant

Certified Nursing Aide

Billing Specialist

Certified Home Health Aide

Registered Nurse Care Coordinator