

# Keeping PACE

PACE CNY: Loretto's Program of All-Inclusive Care for the Elderly in  
Cooperation with St. Joseph's Hospital Health Center



## Inside PACE CNY

- Executive Director's Message 1
- PACE Success Areas 2
- The Faces of PACE 3
- PACE Services 4
- Events & Activities 5
- Housing Options with PACE Services 6
- News & Information 7

### PACE CNY IN 2009



As I look back on 2009, I am grateful and proud of the dedicated work of the PACE CNY employees. Together we have accomplished many things

including a growth in the number of individuals joining PACE. As you know, the goal of PACE is to help individuals remain independent in their home and community with PACE CNY services. Less than 10 percent of PACE enrollees go to a nursing home; instead we bring our services to you, pick you up to see the doctor and the PACE team, and provide you with social time, good meals, fun and meaningful activities in both day centers.

I would also like to highlight a few of our dedicated departments. Our transportation department is made up of 26 employees and PACE CNY drivers achieved a 99 percent satisfaction rate in the customer service survey. In 2009, they traveled half a million miles to get you safely where you needed to go. The home health aides that care for you made 53,000 visits in 2009, an impressive number. There were 33,500 medication reminders and 8,000 skilled nursing visits.

Our new initiative of creating "neighborhoods" was established in Malta House and Malta Manor. You told us you wanted greater consistency in your aide service and the employees told us they would like to travel less. To date, the Malta neighborhoods appear to be a success with mileage down by nine percent. Recently, the Malta staff met to devise a plan to reduce aide rotation to a minimal amount. It is our plan to form more neighborhoods so all staff are assigned to a specific location, providing greater staff consistency and enhanced satisfaction for participants and staff. We will measure our progress in 2010 and work towards making improvements wherever possible.

As we meet the challenge of the future in these uncertain financial times, PACE CNY will continue to strive to honor the elders we serve. 2010 brings us a wonderful opportunity to continue our journey of culture change where we can care for you whether it be in your own home/apartment or living with a family member. PACE CNY staff will work hard to help you feel safe, valued and not only cared for, but cared about.

Penny B. Abulencia, VP  
Executive Director

[www.pacecny.org](http://www.pacecny.org)

PACE CNY

A member of the *Loretto* Family of Care

### ANNUAL REPORT NEWSLETTER

“PACE helps me to be more outgoing, get out a couple times a week, helps me get exercise and participate in activities. I have been coming here almost a year and every day is a good day. The staff is great!”  
- A PACE CNY Participant

# National PACE Program Success Areas

## PACE CNY, 12 Years Later

by Donna Handzel, Director of PACE Development

The Program of All-inclusive Care for the Elderly (PACE) was created in 1973 to help the Asian-American community in San Francisco care for its elders in their own homes. It provided an innovative way to offer a comprehensive array of medical supervision, physical and occupational therapies, nutrition, transportation, respite care, socialization and other needed services using home care and an adult day program setting.



In 1991, Loretto explored the feasibility of starting a PACE program in Onondaga County. By 1994, Loretto determined it would pursue development of a PACE program and I was fortunate to be hired to direct the start-up. I then spent the next three years obtaining state authorization legislation, negotiating state contracts, acquiring and designing the first PACE site, developing the program and hiring staff. Independent Living Services (ILS) was the original name given to the Loretto PACE program.

ILS opened its doors on December 1, 1997, operating out of a temporary site with six enrollees. Twelve years later, ILS now does business as PACE CNY sponsored by Loretto in cooperation with St. Joseph's Hospital Health Center. PACE CNY was granted permanent provider status by the federal government, expanded to two PACE day centers, and has a current enrollment of 385 participants. This program has positively impacted the lives of many Onondaga County seniors over the past 12 years, providing quality care with a focus on independence and dignity.

Nationally, there are currently 72 PACE programs operating in 30 states. These numbers will continue to grow as pre-PACE programs become operational and additional states become involved. With a growing senior population, the PACE model of care will provide a wonderful option for continued community living, allowing seniors to age in place.

### Who is a PACE Participant?

According to the National PACE Association, the typical PACE enrollee or participant is 80 years of age, female, has several medical conditions, and requires support with some daily living activities. Almost half of all PACE participants experience some memory loss or have other cognitive issues. Living arrangements in the community vary and include living alone in their own home/apartment or living with a family member.



“It’s so convenient to have the PACE CNY drivers pick me up, I don’t have to worry about how I’m going to get to the doctor!”

# The Faces of PACE CNY

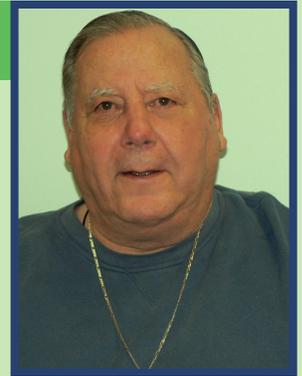


## *PACE CNY Participant at the Catherine McAuliffe Center*

**Carmella Arbaszewski** is a four-year PACE participant, attending the social day center during the week. Carmella lives with her daughter, son-in-law, and granddaughters. Her family says that Carmella looks forward to the familiar routine of the day center, the music, activities and staff. As a participant in PACE, Carmella can continue to live at home with support from her family and PACE, and remain active in the community.

## *PACE CNY Participant at the Sally Coyne Center*

**Salvatore “Sal” Fornito** is a four-year PACE program participant and member of the PACE Men’s Club, a group of male participants who get together for luncheons and outings. Sal also enjoys the entertainment at PACE including musical performers, bingo, and restaurant outings. While Sal is enjoying his time at PACE, his family knows he’s in good hands. Sal says, “PACE has given me a great feeling and I’m so thankful it’s a part of my life.”



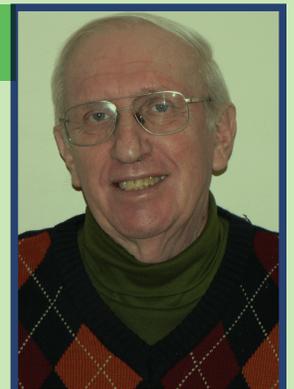
## *PACE CNY Participant at the Sally Coyne Center*



**Carmella Colasanti** is a two-year PACE participant. Her favorite activities include, art therapy, PACERS walking group, and community outings. Carm’s son appreciates PACE because he knows the PACE drivers will provide her transportation needs. This year, Carm is looking forward to getting massages from the PACE massage therapist. As a PACE participant, Carm has been able to maintain her independence and continues to live in the community.

## *PACE CNY Participant at the Catherine McAuliffe Center*

**Henry Hayford** is a two-year PACE participant. At the day center, Henry enjoys playing the Nintendo Wii game system and mingling. As a former cook in the Army, Henry has always enjoyed cooking and looks forward to the lunches. Henry feels PACE has helped him meet new friends while improving his mood. At home, he benefits from aide services, which he says has been great. “I’m very pleased with PACE and know it has really helped my family and it’s helped me get out more,” he says.



# PACE Services: The Interdisciplinary Approach

One beneficial aspect of PACE CNY is our *interdisciplinary team approach* to long term care of the elderly. Each day, the team gathers to discuss any findings or concerns about each participant's health and well being. Every participant has a team that manages their needs. The PACE CNY interdisciplinary team includes the following staff and service options:

## *Medical Care and Management*

Primary care physicians and nurses work in both PACE CNY day center clinics. Daily medical management of speciality care includes dental, podiatry and vision. Emergency, hospital and nursing home services are also available. A nurse and doctor are on call 24 hours.

## *Home Care Services*

Nurses provide coordination of care, skilled nursing assessments and medication management. The aides assist with personal care including bathing, dressing, meal preparation and medication reminders.

## *Social Workers*

Social workers help by listening to participants and providing emotional support and guidance. They alert the PACE health care team to potential participant and/or family concerns. Respite and End of Life programs are available.

## *Day Center*

Recreation therapists provide person-centered programs, activities, social opportunities, events and outings. A hot lunch and bag supper are also available. Aides can help with transferring, toileting and bathing.

## *Nutrition Staff*

Dietitians provide assistance and educate participants about healthy food choices and manage dietary restrictions. Meals on Wheels home food delivery service is available.

## *Rehabilitative Services*

Physical, occupational and massage therapists work with participants to help increase strength, flexibility and mobility.

## *Medical Equipment/Lifeline Emergency Response System*

## *Transportation*

Drivers pick up participants and take them to the day center, clinic and to outside doctor's appointments. Aides accompany those who need assistance.



“I think PACE is wonderful! You're happier because you meet people more often and talk a lot.”

# Highlights of Seasonal PACE CNY Events and Activities

## Spring

Older Americans Month Celebration

### **Bowling**

Cinco de Mayo Festival

Walk for the Ages

Farmer's Market

### **Senior Prom**

Irish Dancing

Taste of Syracuse Trip

Sky Chiefs Baseball Game Trips



## Summer

Walk for the Ages

### **Bob Newhart Performs**

Farmer's Market

### **Skaneateles Lake Boat Rides**

PACE at the Zoo

New York State Fair Trip

Gone Fishin'

Gardening Club

Carnival Celebration



## Fall

NFL Opening Day at Tully's

Halloween Celebration

### **Geocaching and Nature Trips**

Farmer's Market

Learn to Belly Dance

SU Football Games

Apple Picking

Fan Dancing



## Winter

### **Holiday Art Therapy**

Holiday Parties

Facials

### **SU Basketball Games**

Learn to Belly Dance

Lights on the Lake Trip

Musical Performances

Turning Stone Casino Trip



# PACE CNY Provides Services in Your Own Home/Apartment

Below are other senior housing options with PACE CNY support services.  
For more information, call (315) 452-5800 ext. 156.



**Forest View at Fayette**  
1316 East Fayette Street  
Syracuse, NY 13210



**Highland House**  
213 Highland Avenue  
Syracuse, NY 13203



**The House at 807**  
2807 Oswego Street  
Liverpool, NY 13088



**The Bernardine**  
417 Churchill Avenue  
Syracuse, NY 13205



**O'Brien Road Apartments**  
7170 O'Brien Road  
Baldwinsville, NY 13207



**Villa Scalabrini**  
826 East Willow Street  
Syracuse, NY 13203



**Malta House**  
212 North Main Street  
Syracuse, NY 13212

**Malta Manor Apartments**  
107 Trolley Barn Lane  
Syracuse, NY 13212

*“ I am amazed by PACE. You have to join. I am very pleased... They take care of everything. They drive you where you need to go and the day center is a beautiful place. The home health aides are terrific. ”*

# PACE CNY News and Information

## Congratulations to Mir Ali!



PACE CNY participant **Mir Ali** has successfully passed the naturalization exam with the help of PACE CNY volunteer Beverly Layton. Beverly worked with Mir for three months to prepare for the exam.



## Volunteer Opportunities

PACE CNY is looking for volunteers to help with crafts, clerical tasks, grocery shopping, special events, friendly visits and trips that take our participants outside of our facilities (lunch trips, shopping and picnics, as well as seasonal trips to the New York State Fair, Lights on the Lake, and sporting events).

To volunteer, please contact **Ginny Turley** at (315) 452-5800, ext. 156 or e-mail [gturley@lorettosystem.org](mailto:gturley@lorettosystem.org).

## Donation Opportunities at PACE CNY

If you'd like to make a donation to PACE CNY, contact the Loretto development office (see contact information below).



Another way to support PACE CNY is through the Loretto Foundation's *A Wonderful Life Tribute Tree* giving program recognizes older adults and caring staff members, living or deceased. By honoring or memorializing an individual or group with a financial gift, their name- along with yours - will be prominently displayed on a leaf as part of *A Wonderful Life* Tribute Tree at our Sally Coyne Center in North Syracuse or the Loretto Health and Rehabilitation Center in Syracuse.

### Contact Information:

Loretto Development Office  
1305 Nottingham Road  
Jamesville, NY 13078

Phone: (315) 446-5538  
Fax: (315) 449-2304  
E-mail: [mbarnell@lorettosystem.org](mailto:mbarnell@lorettosystem.org)

## PACE CNY Board of Trustees

### Loretto Board Members

Joyce Carmen  
Amelia Greiner  
Sharon McAuliffe, Esq.  
James Muldoon, Esq., Chair  
Michael J. Sullivan, President, Loretto

### St. Joseph's Hospital Health Center Board Members

Mark Murphy  
Sister Mary Obrist  
Frank Smith  
Vince Sweeney

### Loretto Staff

Penny Abulencia, VP & Executive Director  
**Dennis Daly, MD, PACE CNY and Loretto Medical Director**  
John Murray, CFO



PACE CNY Sally Coyne Center  
100 Malta Lane • North Syracuse, • NY 13212  
Phone: (315) 452-5800 • Fax: (315) 452-5739  
www.pacecny.org

NON-PROFIT  
U.S. POSTAGE  
**PAID**  
SYRACUSE, NY  
PERMIT NO. 67

## PACE CNY

Loretto's **Program of All-inclusive Care for the Elderly** in cooperation with St. Joseph's Hospital Health Center helps frail seniors remain in the community with supportive services.

### Some of the services available are:

#### Home Care

- Nursing care
- Personal care services
- Personal emergency response system
- Meals on Wheels
- Nurse/MD on call 24 hours
- Respite care

#### Adult Day Care

- Family caregiver support
- Recreation services
- Social services
- Nutritional services
- Transportation

#### Medical Care

- Primary medical care
- Specialty medical care
- Diagnostic procedures
- Rehabilitation services
- Prescription drugs
- Medical equipment
- End of life care

#### Institutional Care

- Emergency care
- Hospital care
- Nursing home care

*PACE participants may be liable for costs of services not authorized through the PACE program*

## Discover PACE CNY!



To learn more about how PACE CNY can benefit your loved one, contact Ginny Turley at (315) 452-5800, ext. 156, fax your questions to her at (315) 671-2680, or e-mail her at [gturley@lorettosystem.org](mailto:gturley@lorettosystem.org)