

# Keeping PACE

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



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## Early Planning is the Key!

People often find themselves trying to learn about long term care options in the midst of a crisis when they have to make decisions very quickly. The goal for individuals to remain in their home is more likely to happen if families take the time to educate themselves and plan in advance. PACE CNY urges families to look more closely at what services are available in their town and how aging loved ones can plan for their long term care needs.

Developed more than 30 years ago, PACE provides an innovative alternative to nursing home care. The approach that PACE uses to provide medical care and support services helps keep seniors in their homes and healthy and independent.

There are 73 PACE programs in 30 states. The popularity of the PACE program has increased because PACE maintains the health, independence and dignity of seniors by offering preventive and primary care as well as nutrition, transportation, assistance with medication management and most other services that support their health and well-being.

At the core of PACE is a team of caregivers that ensures all aspects of the participant's medical, social, rehabilitative and therapeutic needs are met. The team knows their patients so well, interacts with them daily, and makes it possible for seniors to live at home. The team provides support to the family caregivers so they can continue to assist their loved one at home.

PACE CNY programs have a history of documented results in preserving wellness, supporting healthy outcomes, promoting quality of life, helping reduce the number of hospital visits and avoiding nursing home admissions. PACE programs reduce expensive care interventions and provide families with peace of mind that their loved one is receiving the best possible care in the most appropriate setting.

For a free evaluation or for more information about how PACE CNY can benefit you or a loved one, contact Ginny Turley at 452-5800 or e-mail her at [gturley@lorettosystem.org](mailto:gturley@lorettosystem.org).

***Stay in the home you love; visit us for the care you need***

“I think PACE is wonderful! The clinic staff and aides are exceptional. They provide exceptional care. The bus drivers, aides and meals are wonderful!”

- A PACE CNY Participant

## A Day in the Life of a PACE Participant

At 8:00 AM, the PACE vans start arriving at the PACE day centers. The PACE drivers help participants into the day center where they are greeted by day center staff and aides. The PACE participants socialize with new friends they've made since becoming a member of PACE. Throughout the day, the medication nurse makes her rounds and gives medications to participants.

After coffee, the activities begin, and there are a lot of them! Depending on the day, participants make crafts, participate in Wii bowling, Tai Chi class, enjoy live music entertainment, baking and other activities. In addition, participants may receive services from physical and occupational therapists. A healthcare provider is also available at PACE along with social workers, dietitians and a day center manager who checks on participants throughout the day.

Pictured from left is aide, **Jackie Glenn**, participant, **Katherine Robinson** and aide, **Sabrina Harper**.



## PACE CNY Family Member Receives Caregiver Award from Alzheimer's Association

The Alzheimer's Association of Central New York recently recognized PACE CNY family member Sue Reagan, daughter of participant Jeanette Cutri. Sue received the Excellence in Family Caregiving award for providing care with dignity and sensitivity to her mother, Jeanette, who has Alzheimer's. Rather than placing Jeanette in a nursing home, Sue takes care of her mother in her own home, while Jeanette visits the Day Center during the week.



Pictured standing from left is Jeanette's granddaughter, **Robin Badgley**, PACE CNY social worker, **Megan Griffith**, who nominated Sue for the award, Alzheimer's Association CEO, **Kathy James**, Jeanette's daughter, **Sue Reagan**, with PACE CNY participant, **Jeanette Cutri**.

# The Faces of PACE CNY

## PACE CNY Staff

### Sharon Noto, RN

#### Director of Clinical Services, Home Care



“ The PACE CNY home care agency helps participants remain safely in their homes for as long as possible. The staff is dedicated to ensuring that all participants are cared for in a kind and compassionate manner. We keep families and caregivers informed of participant conditions and needs. It is an honor to serve our participants and to work with such a committed staff. ”

### Paul Heins, DPT

#### Director of Rehab at PACE CNY

“ I’m proud of the PACE CNY rehab department because of its array of services and equipment. Our rehab department has physical, occupational, recreational and massage therapies. We strive to provide various programming including aquatics, Tai Chi, Yoga, Zumba, low vision support, weight loss, walking groups, stress reduction, art classes, crafts, pottery, painting, jewelry making, music therapy and technology.



### Kathy Barnes, RN

#### Clinic Nurse Manager



“ As a 7-year PACE employee, I have seen the benefits of the program both for our participants and families. The quality care they receive is attributed to the hard work and dedication of all of our team members. Participants become part of our growing “family” and rely on us to support both their medical, physical and emotional needs. I continue to grow both professionally and personally knowing this program is available to the elders that we serve. ”

### Pat Blum

#### Day Center Manager

“ I have been working at Loretto for 34 years. For nine of those years, I have been with PACE. As the Day Center manager, I enjoy the opportunity to interact with the participants. Knowing that I have the ability to make each day their best day is very satisfying. I continue to grow and learn from the participants as they share their life experiences and wisdom with me. The participants are an extension of my family. ”

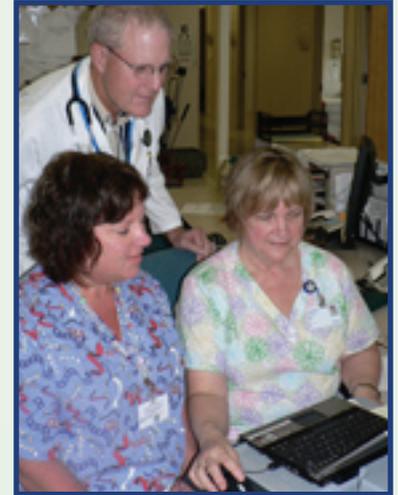


# PACE Services: The Interdisciplinary Approach

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 clinics. Daily medical management of specialty care includes dental, podiatry and vision. Emergency, hospital and nursing home services and end of life care are also available. A nurse and doctor are on call 24 hours. Pictured to the right standing is **Dr. Jack Houck**, and seated from left is **Sue Babcock**, LPN, and **Sue Aumiller**, RN.



## 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.

## 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.

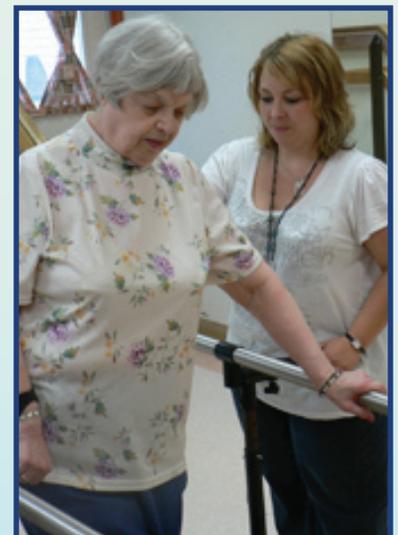


## Nutrition Staff

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. Pictured to the right is participant **Janet Hill** and **Cherie Duvall**, Rehab Aide.



## 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.

## Medical Equipment/Lifeline Emergency Response System

PACE CNY has a wide variety of medical equipment available. The interdisciplinary team determines the type of medical equipment to be used based on each participant's specific needs.

## Volunteers of the Year Honored

Janice Gunn received the Volunteer of the Year award at PACE CNY's south location. She is an eight-year PACE volunteer. Gunn enjoys spending time outdoors with participants on walks around the day center and likes doing the "small things" for them.



*PACE CNY Volunteers  
Jeff Bird  
and Joan Sloane*

Jeff Bird received the Volunteer of the Year award at PACE CNY's north location. He received the award, "for his kind demeanor, patience and dedication to PACE."

Joan Sloane also received PACE CNY's 2010 Volunteer Appreciation award at PACE CNY's north location. As volunteer coordinator for the PACE CNY volunteer program, she has been instrumental in managing and growing the program.



*PACE CNY Volunteer  
Janice Gunn*

## PACE CNY Staff Hosts BBQ for Participants and Families



PACE CNY staff hosted a barbecue for more than 75 PACE participants and their families at PACE II in June.

## Do You Have One of These?



Sometimes we can get overwhelmed by the variety and number of medications that we're taking. If this jar looks familiar, please consider communicating with your provider or your home care nurse. It's important to be an educated consumer and be well-informed about the medications you need and don't need.

## Nutrition Tips from the Registered Dietician

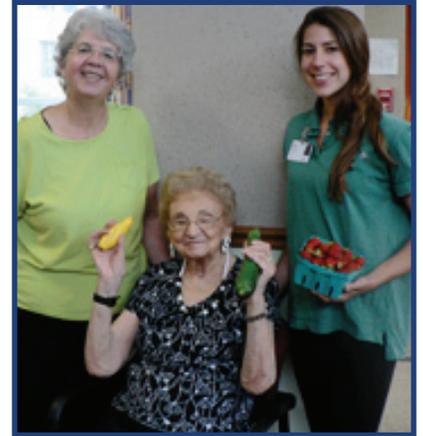
### Mobile Farmer's Market Comes to PACE CNY

*By Erin Burke, PACE CNY Volunteer and Nutrition Student at SUNY Oneonta*

Summer is the season to enjoy fresh fruits and vegetables. Staff and participants at PACE CNY are given the opportunity to see what local farmers have been growing with the Mobile Farmer's Market, which has been visiting both PACE locations. Recently, strawberries, cherries, tomatoes, and peas have been available.

Berries are very popular throughout the summer. Along with being fresh and sweet, they are filled with nutrients and antioxidants. Although all berries are a great source of vitamin C and fiber, certain berries provide other benefits. Raspberries and blueberries are high in antioxidant vitamins and minerals to help fight the negative effects of free radicals in the body. Blackberries are also delicious and provide a variety of nutrients.

Be sure to visit the Mobile Farmer's Market on Tuesdays which will be at PACE I from 10AM-12 Noon and at PACE II from 1-3PM.



*Pictured from left is PACE CNY Registered Dietician, **Lauren Badawy**, PACE CNY participant, **Mary Delia** and PACE CNY volunteer and nutrition student at SUNY Oneonta, **Erin Burke**.*

## Welcome New Provider Staff to PACE CNY!



### **Joan Doran, MS, APRN**

Joan Doran is a graduate of Syracuse University's College of Nursing. Her professional experience includes 12 years with Syracuse's Veterans Association Medical Center where she served as nurse practitioner in its Transitional Care Unit, conducted a Geriatric Primary Care Clinic that provided healthcare visits to homebound veterans ages 36 to 96, and served veterans in adult home and skilled nursing facilities.



### **Jennifer Weinraub, MD**

Dr. Jennifer Weinraub brings 20 years of medical expertise to PACE CNY. Dr. Weinraub is certified by the American Board of Family Practice and is certified in geriatric care. She earned a medical degree from the University of Vermont's College of Medicine, received training in geriatrics from the Family Medicine Program at the University of Rochester, completed her family medicine residency at Highland Hospital in Rochester, and serves as associate medical director of Beechtree Care Center in Ithaca.

## Please Note

On the week of September 13th, staff from the Centers for Medicare and Medicaid Services (CMS) as well as the Department of Health (DOH) will be completing their biannual survey of the PACE Program. During that time they will be reviewing participant records, touring our facilities, interviewing both participant and staff and also reviewing policy and procedures and other administrative paperwork.

## Donation Opportunities

If you'd like to make a donation to PACE CNY, please enclose your gift in the envelope provided in the newsletter. Your donation will support PACE CNY programs and services. Thank you!

## Looking Ahead at PACE CNY



**Penny Abulencia**  
Executive Director

This spring, the PACE staff has been busy planning fun events for the PACE participants and their families. May was Older Americans Month and participants competed in a poker tournament, a bowling tournament, a spelling bee, talent show and attended special luncheons and barbeques. In addition, the PACE staff and their families had a dinner picnic at Long Branch Park in celebration of enrolling more than 400 participants in our program. This is an important milestone as we plan for PACE's future growth. We are in the process of applying for permission to use some designated space at O'Brien Road Senior Apartments as an alternate PACE care site. This could allow 10 to 15 people to attend a social day program in that setting. In the interim, we are exploring where to locate a third PACE Center, which could be completed in three to five years.

For those of you who are served at Sally Coyne in North Syracuse, you may notice our renovations. Improvements in the personal care area include waiting space for the hair dresser as well as a new tub and larger shower space for a stretcher. We have replaced some floors, added carpet in the entrance way and will be remodeling the kitchen and adding new cabinets in the day center. Several administrative staff members will be moving to our business office location in North Plaza to provide for more participant space in the Sally Coyne Center. Once Department of Health approval has been obtained, we will begin renovations of the Sally Coyne clinic. In addition, McAuliffe Center will be relocating the fish tank to provide more table space in their large day center.

All in all, it is exciting to see the growth of our program and we will continue to do our very best to provide the services needed to our family of participants.

### A Note to Our Participants and Their Families

Do you have a PACE experience or story you would like to share? Send us any ideas you have for our next PACE CNY newsletter. We would love to hear from you!

PACE participants and their families are our #1 referral source! Keep them coming, we truly appreciate it!

### Job Opportunities

PACE CNY is now hiring home care RNs, a home care case manager, a RN clinical coordinator, on-call and per diem RNs and geriatric caregivers (aides) for part time days and evenings. If you or someone you know is interested, please contact PACE CNY at (315) 452-5800.

### Forest View at FAYETTE



**Independent Living for Seniors in an Affordable, Accessible & Comfortable Setting**

**Forest View is designed for people who qualify for PACE CNY services and wish to live in the community in an independent setting. Qualifying annual income levels range from very low to a maximum income of \$27,060 for one person.**

**If you are interested in Forest View at Fayette, please contact PACE CNY at 452-5800 for information or for a referral.**

**1316 East Fayette Street  
Syracuse, NY 13210**

A member of the *ICretto* family of care



Setting the **PACE** for 12 Years 

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

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# 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

### Medical Care

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

### Adult Day Care

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

### 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).

## Volunteer at PACE CNY!

PACE CNY is looking for volunteers at both PACE day center sites in Syracuse and North Syracuse to help with activities, clerical tasks, special events, aqua therapy and day trips. To volunteer, contact Ginny Turley at 452-5800, ext. 156, e-mail [gturley@lorettosystem.org](mailto:gturley@lorettosystem.org) or visit [www.pacecny.org](http://www.pacecny.org) for details.