

KEEPING PACE

Spring 2018



PACE CNY Celebrates 20 years

This is a special year for PACE CNY as we celebrate our 20th year of providing all inclusive care to people in our community so they can stay in the homes they love. We hear from so many that PACE CNY has made such a difference in their lives and that's made possible in large part by the dedication and caring of our exceptional employees. We have faced many challenges in the last 20 years, but our program has continued to thrive. We look forward to continued success and setting the PACE for many years to come.

PACE CNY Helped Keep Couple Together

Many times PACE CNY coordinates services for both husband and wife to keep them together for as long as possible. This is the story of Ed and Dorothy Uhrig who were married for over 60 years and raised two sons in Baldwinsville. They enjoyed a busy life together but both began to experience serious health issues two years ago. Their family was very attentive, but they realized a more supportive and comprehensive plan was necessary to keep them in their home. They turned to PACE CNY for help after a neighbor suggested it.



ized and needed extra care to get back on his feet. He moved to Malta House for respite care, where PACE CNY provided care and services. Ed remained there for several weeks until he was strong enough to return home.

Back in Baldwinsville, he continues to have daily nursing care and aide service. Ed is picked up every day and transported to the PACE CNY site where he attends physical therapy sessions. Ed is proud to say “I have had fewer falls since coming to PACE

because I have more strength in my legs. I take a yoga class and focus on meditation. And I’m a member of the PACE men’s club and I enjoy going out to lunch at local restaurants with the group.”

Ed benefits from having the support of a caring staff, and being among the many friends he has made at the PACE CNY center. It keeps him positive and he has a renewed zest for life. Ed’s story is one of love, hope, and the determination to make every day count!



Ed and Dorothy were enrolled in PACE CNY in July of 2016 and the interdisciplinary team developed care plans for each of them based on

their specific needs. They had daily aide service in their home to assist with personal care and light housekeeping chores. They were picked up twice a week and transported to the PACE CNY site in North Syracuse where they enjoyed socialization activities with their peers, a nutritious lunch and physical therapy exercises. They so looked forward to going to the PACE CNY center together!

But Dorothy’s health worsened and the PACE CNY team then provided end of life care until her passing in June 2017 at their home. After losing the love of his life, Ed knew he had to go on for his children and grandchildren but shortly after Dorothy passed away, Ed was hospital-

Looking Out for ED

Ed’s neighbor, Gladys Quackenbush, has lived next door to Ed and his late wife, Dorothy, for many years. They became fast friends and when Gladys realized the couple needed extra assistance to stay in their home, she suggested the PACE CNY program. She is thrilled that Ed is benefiting from PACE services and getting the care he needs and says, “Being a volunteer for the PACE program might be in my future because of the wonderful things they do!” When Gladys goes on vacation now she is confident that her good friend and neighbor is safe with PACE CNY.

PACE— 20 Years of Service to CNY



Stephanie Button
VP/Executive Director PACE CNY

As we celebrate our 20th anniversary, we reflect on the incredible journey PACE CNY has travelled to be the successful program we are today. We enrolled our first six participants in December of 1997. At that time, the Sally Coyne Center was under construction and services were coordinated from the Malta House Apartments. In the beginning, things were very different and on a much smaller scale, but the spirit and philosophy of PACE CNY was evident back then. We are proud to say that there are many employees working for us today who began their careers in those early days, and six employees are still with us from the very beginning!

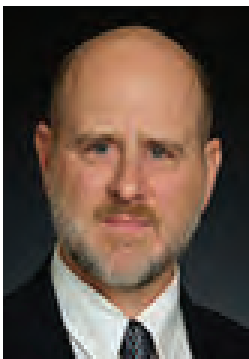
PACE CNY continues to advocate at both the state and federal levels for our community-based program. Health Care Reform, Medicare and Medicaid redesign initiatives continue to present challenges to fully

integrated long-term care programs. We are committed to doing all we can to maintain quality and participant satisfaction throughout these changes. Technology is another essential aspect of health care. We implemented new software for transportation and home care scheduling that is showing very positive results.

“We are committed to doing all we can to maintain quality and participant satisfaction.”

PACE CNY is not immune to the national shortage of qualified healthcare workers. We have ongoing efforts for recruitment, retention and education for nurses and home care staff. We hired additional Nurse Educators to support all staff and we now offer our own Home Health Aide training program. These first classes have resulted in 100% retention and we anticipate continued success with this program. We are grateful to the several thousand participants and their families who have entrusted us with their care for the past 20 years.

A Leader in Healthcare Delivery



Douglas Tucker, MD
Medical Director PACE CNY

For 20 years PACE has practiced the principles of integrated care with a team approach very successfully, and in an efficient and caring manner. The program allows doctors and nurse practitioners to spend more time with their patients, coordinate care with outside specialists, and have a helpful professional team readily available. The PACE

CNY team consists of nurses, nutritionists, social workers, physical and occupational therapists, recreational therapists and home health aides. There is also an array of helpful support staff that make navigating the healthcare system easier, not only for the healthcare provider, but for patients and their families as well. PACE CNY has been achieving modern healthcare system goals for 20 years while other programs are just now trying to get off the ground.

Navigating the healthcare system, especially for

people with serious illnesses or multiple health problems and who need an extensive list of drugs, is very difficult. Dealing with paperwork, finding specialists, readjustments after hospital stays; these burdens are greatly reduced in the PACE CNY system.

Over the last several years, other healthcare systems have been proposed or implemented by government agencies and insurance companies with variable levels of success. In addition, the state is spending billions of dollars developing a healthcare system based on payment for value delivered rather than a fee for an individual service. These plans are not only difficult and costly to start and operate, but also require a great deal of testing and adjustments. PACE CNY has been delivering an integrated model of care for 20 years and we are proud of our accomplishments as a leader in healthcare delivery.



Highlights of Seasonal PACE CNY Events & Activities

Spring:

- SU basketball game/tour of Syracuse
- Older American's Month celebrations
- Thank you to PACE CNY nurses
- Emergency Preparedness Week
- Irish step dancers
- Gardening Club



Summer:

- Syracuse Chiefs games
- The Great NYS Fair
- Family BBQ & special luncheons
- Womens/Mens Club trips
- Antique Car Show
- Yard games/Olympics
- Zoo & park trips



Fall:

- SU Football Games
- Participant education sessions
- Halloween party
- Fall foliage trips
- Pumpkin and apple farm trips
- Corporate Wii Bowling Tournament



Winter:

- Lights on the Lake trip
- Multi-cultural holiday celebrations
- New Year's Eve party
- Mardi Gras
- Museum trips/MOST IMAX
- Syracuse Crunch hockey trip

Year Round Programming:

- IT help groups
- Creative arts
- Drum circles
- Tai Chi
- Seated yoga
- Music therapy
- Pet therapy
- Bingo & playing cards
- Memory & sensory care
- Therapeutic reminiscence and life review
- Spiritual care
- Shopping/Restaurant outings
- Intergenerational programming



What Does PACE CNY Mean to You?



Natalina Losurdo

“I come from a tight knit Italian family and PACE has become a second family to me. It gives my kids a break. I receive good care from the aides and the clinic. The Walking Club and Chair Yoga are two of my favorite activities. I felt very special and proud when my son and daughter visited the Day Center and made pizza for the entire group.”



Audrey Nock

“PACE has brought peace and joy to my life; it’s decreased my anxiety and gives me the pleasure of seeing others. I get help with medications and personal care. I love to play the piano for participants in the Day Center and had so much fun doing a Christmas program. Bottom line here is that PACE is giving me the support I need to live independently without worries.”



Bill Olson

“I have a hard time seeing but I can live on my own with the services from PACE. I like all the exercise I get and I haven’t fallen since I joined PACE. Exercise is really important to me. When I was younger I biked 3,000 miles around Europe and countless hundreds of miles around the US. I enjoy the men’s table in the Day Center where I can sit with the other fellows.”



Mildred & Alfred Lacelle

“PACE changed our lives. We receive some help at home from an aide so we can stay in our home. The staff at the Day Center is so friendly, we enjoy the outings that we go on and we’ve made new friends. We don’t drive anymore so PACE is our connection to the world. Don’t change anything—we love it.”

More PACE CNY participants share their feelings about what this program means to them:

“I have no family nearby and needed help with medications and personal care. PACE is so important to me. I love the shopping outings, going to Lights on the Lake, and playing trivia.”
—**Sharon Ash**

“I was down in the dumps because I couldn’t drive or go to work anymore. I had been a nurse and I missed being with people. PACE changed all that. I am respected and treated like an adult by everyone on the team. I really enjoy the activities at the Day Center.”
—**Katherine Ruhm**

“I joined PACE over 8 years ago. I couldn’t drive anymore and needed help with my health issues. I got that help and more. PACE supported my interest in painting and arranged for an art show at a local library. Life would not be the same without PACE.” —**Diane Hall**

Six Team Members with PACE CNY for 20 Years

We are honored to have such dedicated and caring employees provide outstanding care for our PACE CNY participants and many have been with us from the very beginning! Many thanks to the following for your 20 years of service and for your continued commitment to the PACE CNY mission.



Ginny Turley, BSN, MHSA, PACE Director of Marketing & Intake, celebrated recently with Paul Heins, DPT, Director of PACE Rehab and a Team Leader

Gathering in front of the PACE Tribute Tree are from left, Bonnie Collard, Aide, Elena Regin, LPN, Linda Jaeck, RN and Roxanne Corey, Aide.

PACE Volunteer is Award Recipient

Brian Evans, volunteer Senior Companion at PACE CNY is this year's award recipient of the Office for Aging's Outstanding Community Member in Onondaga County. The impact that Brian has made on participants is immeasurable! Brian says, "It's so rewarding to make a difference in someone's life by helping them laugh, smile, and showing them that I truly care."

He makes every participant feel like they are the center of attention and illuminates the room with his larger than life persona and laughter. He truly exemplifies the integrity, respect, and compassion that PACE CNY believes in. Brian will be recognized on May 10th at the Senior Celebration Luncheon held at Drumlins County Club.

Congratulations to Brian on this much deserved honor. We are proud to have him as a part of our family.



Giving Family Members Peace of Mind

The PACE CNY program not only focuses on the needs of the participant, but also on the welfare of family members. Sue McDonald's mom was cared for by PACE CNY through her end of life and now her dad and uncle are participants. Sue feels that the PACE CNY team provided her parents with the care and support they needed as they aged so they were able to be together as long as was possible, first in their own home and then in Malta House. PACE CNY

gives Sue peace of mind and support knowing her family members are safe and well cared for. Sue feels the social interaction in the Day Center is a vital part of enhancing their days and says, "If something comes up, the PACE team is very receptive and responds with a care plan to address the issue. PACE provides excellent care that focuses on the person's quality of life and preserves the individual's dignity. We are so glad to have found PACE."

New and Unusual Memory Care

There is no single solution to provide the best quality-of-life for people suffering from memory loss, especially when the needs of those individuals vary so broadly. But PACE CNY is trying something new to help participants and their loved ones feel comforted in the turbulent sea of a progressive disease. PACE CNY has implemented innovative Memory Care Kits. The kits include animatronic therapy, aromatherapy, doll therapy, horticulture therapy, memory aids, and sensory stimulation. As Orion Roeder, PACE CNY Director of Therapeutic Recreation states, “There is no guarantee that one intervention will work every time, so we need a go-to source for ideas, tools, and objects to engage participants.”



Pets

PACE CNY partnered with SUNY Oswego and determined that an animatronic cat called “JustOCat” had a significant positive impact on PACE participants’ quality of life; participants smiled more and they were less irritable. The JustOCat robotic therapy cat breathes, purrs, has soft plush fur, and has the same weight as a real cat on a person’s lap. Therefore, participants get all of the benefits without the cost or physical difficulties of caring for a cat, and the real danger of bites or scratches. Another benefit of the animatronic cat is that it includes a chip that monitors the behavior of participants as well as their location.



Dolls

Baby doll therapy is another tool in the new Memory Care Kits. “Humans are instinctually hardwired to nurture,” says Roeder. “If that is coupled with a participant’s previous occupation or lifestyle, the results are immediately apparent.” Studies show that elders who have memory loss and are offered the opportunity to nurture become motivated by their ability to give back and contribute to society, and their mood improves.

The Kimmy Kats & Kay Dolls for the Memory Care kits were funded by a PACE CNY participant’s family, who found these dolls to be invaluable to their mom’s care. They wanted others going through a difficult time to benefit from this innovative doll therapy.

“There is no guarantee that one intervention will work every time, so we need a go-to source for ideas, tools, and objects to engage participants.”

Gardening

Another area of interest in the Memory Care Kits is horticulture therapy, which has been shown to increase awareness and foster a positive attitude. An AeroGarden sprout indoor garden unit delivers the ambience of horticulture therapy without the maintenance and untidiness. There is also an LED cherry blossom tree and aromatherapy diffuser that are part of gardening therapy.

“Using these items as behavioral interventions is a step forward in interrupting negative behaviors and increasing quality of life for PACE participants suffering from memory loss,” says Roeder. The results have been impressive from the Memory Care Kits in helping people and their families cope with the devastating effects of memory loss diseases and PACE will continue to lead the way in developing innovative and successful initiatives for its participants.

The 'A Wonderful Life' Tribute Program at PACE CNY

Families and staff can honor or remember individuals whose lives have been touched by PACE CNY by donating to the A Wonderful Life Tribute Tree program and having a leaf added in the name of that someone special. PACE CNY's tribute tree is in the main lobby of our Sally Coyne Center in North Syracuse. For more information about contributing to a tribute tree, please contact the Loretto Foundation at 315-251-2662, ext. 3209, or e-mail foundation@lorettosystem.org



Meet Our Medical Staff



Douglas Tucker, MD



Twinkle Patel, MD



Kime Ristoff, MD



Peter Becker, MD



Jennifer Weinraub, MD



Karen Heitzman, MD



Margaret Wade,
PhD, DNP, FNP-C



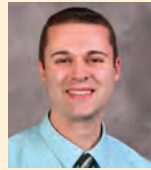
Amy Scullion, RN,
BSN, NP-C



Desta Anthony, NP



Jennifer Winiarczyk-
Nalle, PMHNP-BC



Christopher
Norman, NP



Paula Jessmore
RN, FNP

Community Physician Waivers

Part of the PACE Federal Regulation requires that primary care be delivered by a PACE CNY physician or nurse practitioner. PACE CNY was authorized to add up to ten physicians from the community using our approved community physician waiver.

The following physicians have contracted with PACE CNY to be part of the waiver program:

- Dr. Andrea Berg
- Dr. Dennis Daly
- Dr. Jeanne Bishop
- Dr. Suzanne Lamanna
- Dr. Sharon Brangman
- Dr. David Page

PACE CNY Board of Trustees

Loretto Board Members

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Cora A. Alsante, Esq.
Holly Hoehner, Esq.
John Murray
Vicki O'Neill

St. Joseph's Hospital Health Center Board Members

Melissa Allard
Kristen Mucitelli
Timothy Scanlon
Vince Sweeney

Volunteers Still Needed

Please consider volunteering your time to help us with crafts, special events, clerical tasks and trips that take our participants outside of our facilities. Trips typically take place on weekdays between 9:30am and 3pm.



***Volunteers are needed at both
PACE CNY locations.***

**To volunteer, please contact Ginny Turley at
315-452-5800 ext 4579 or at www.pacecny.org.**



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Sally Coyne Center
100 Malta Lane, North Syracuse, NY 13212



Physician Waiver
Program Expands

Stay in
the Home
You Love.

Get the
Care You
Need.



Caring For Seniors in the Community & at Home

PACE CNY is a program of Loretto that 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
- Consumer Directed - CDPAP

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 CNY participants may be personally liable for costs of unauthorized or out-of-
PACE CNY program agreement services,
other than emergency services.*

Ph: 315-452-5800

Toll Free: 1-888-728-7223

TTY: 1-800-662-1220

www.pacecny.org