

## Family Members and Friends of PACE CNY Participants May Now Be Hired as Personal Caregivers Through CDPAP

*The Consumer Directed Personal Assistance Program* or CDPAP allows people to recruit, hire, train, supervise, and direct their own home care workers. They also have the right to terminate their employment. This innovative health care program is available to all PACE CNY participants and can include any of the services provided by a home health aide or nurse. Simply stated, the PACE CNY participant or designated representative (if the participant is unable to make informed decisions) would have the flexibility and freedom to choose their own caregivers. And those caregivers can be family, friends or neighbors. However, a legally responsible adult or spouse may not be the personal assistant.

A participant may have personal assistants from the CDPAP, PACE CNY home health aides or a combination of both. This creates flexibility in achieving the best comprehensive care plan. The PACE CNY interdisciplinary team would be responsible for approving the needed services.

### PACE Participant's Granddaughter is Now a Paid Caregiver

Caring for older adults can be challenging for many of today's families, especially those who are working outside the home and raising their own children. Adding the care of an aging loved one can be very difficult. That



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was the case for Iesha Derby, the granddaughter of Jeneva Killingsworth. Iesha was working 3 jobs, taking care of her children and her grandmother when she first learned about PACE CNY. She realized the program would be ideal for her grandmother. In addition, Iesha's personal physician told her about the CDPAP program— Consumer Directed Personal Assistance Program— and she also learned that PACE CNY participated in that program. Everything fell into place then, according to Iesha.

Iesha said it gives her peace of mind knowing the kind of care her grandmother is getting while she is working during the day. Iesha is now reimbursed under CDPAP for caring for Jeneva at

home and has the support of an interdisciplinary team of PACE CNY professionals. She is so relieved that her grandmother did not have to go into a nursing home. Jeneva is comfortable knowing that a family member is involved in her care and is very appreciative of the support that PACE CNY has given her.

*NOTE: You don't need to be a trained Home Health Aide to be reimbursed under CDPAP. If you are interested in learning more about how a member of your family or a friend or neighbor can be reimbursed for caring for you in your home, please contact PACE CNY.*

# PACE CNY Provides All the Care You Need in One Managed Long-Term Care Plan



Stephanie Button  
VP/Executive Director  
PACE CNY

Choosing a health plan can be confusing. Some offer more services than others.

PACE CNY enables you to get all the care you need in ONE managed long-term care plan. PACE CNY is both a health provider AND a health plan for people with

Medicare, Medicaid or both. You are able to stay in the home you love and get the care you need in one plan.

There are no premiums, no co-pays and no deductibles with the PACE CNY program. All benefits under Medicare and Medicaid are covered.

If you have a trusted family member or friend whom you'd like to pay for helping to care for you, PACE CNY participates in CDPAP (Consumer Directed Personal Assistance Program). Services

can include any of the services currently provided by a home health aide or nurse. Under this program, PACE CNY participants or designated representative (if participant is unable to make informed decisions) have the flexibility and freedom of choosing their own caregivers whether it be family, friends or neighbors. Several PACE CNY participants are already taking part in this program.



MKT 19.3 Approved

## Dr. Heisig Joins Pace CNY



We are pleased to welcome Dr. David Heisig to PACE CNY as Medical Director and a Clinic Physician. He brings a wealth of both clinical practice and administrative experience.

Dr. Heisig graduated from Albany Medical College of Union University and completed his Internal Medicine training at SUNY Upstate Medical Center in Syracuse. He was an Academic Gastroenterologist on staff at Upstate, and also served as the Residency Program Director for the Department of Medicine there. Dr. Heisig joined Associated Gastroenterologists of CNY and practiced there for 10 years, and then returned to teaching as a Professor of Medicine at SUNY Upstate.

## The Benefits of Tai Chi

Tai Chi is a traditional Chinese martial art, which stresses the integration and balance of mind and body through slow continuous movements.

People who do Tai Chi calm their minds, focus, and loosen and relax their joints and ligaments. And research has shown that with this better balance, comes better health and fewer falls.



Five PACE CNY staff members have completed the Tai Chi Instructor course and have led 15 participants through the first 16-session course. The results have been very encouraging, with a sharp decrease in the number of falls and a general feeling of increased confidence in moving. We are happy to bring this exciting new program to our participants to help improve their quality of life.

# 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
- Redhouse Theater
- Irish step dancers
- Gardening Club
- Corporate Wii Bowling Tournament



## Summer:

- Syracuse Mets games
- The Great NYS Fair
- Family BBQ & special luncheons
- Womens/Mens Club trips
- Antique Car Show
- Yard games/Olympics
- The Longest Day
- Zoo & park trips
- Carpenter's Brook Fish Hatchery



## Fall:

- SU Football games
- Participant education sessions
- Halloween party
- PACE CNY Has Talent
- Fall foliage trips
- Pumpkin and apple farm trips
- Minute Challenge



## 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 • Acrylic pouring
- Drum circles • Tai Chi • Seated yoga • Aquatic exercise
- Music therapy • Spiritual care • Pet therapy
- Bingo & playing cards
- Memory & sensory care
- Therapeutic reminiscence and life review
- Shopping/Restaurant outings
- Intergenerational programming



# What Does PACE CNY Mean to You?



**Linda Martin**

“Being with others is so important to me because now I’m not alone since joining PACE last year and I can share experiences with others. I get brought to PACE three days a week on the bus and there are so many things to do at the Day Center. I love the recreation and the crafts. And I really love playing trivia! My sister is now relaxed knowing I am getting good care.”



**Bonnie Domago**

“The medical care PACE provides is very important to me. The clinic and home care nurses are wonderful. I have a nurse who comes every day to give me medicine and a lifeline button to push if I stumble. I am a people person so I really enjoy all the fun activities, the crafts, and the games. I get a bag supper to take home on my four Day Center days. I’ve been at PACE for 8 years. I am less stressed and that makes my medical condition better.”



**Brenda Nichols**

“Before I came to PACE last year, I sat home alone and did nothing. Now I am not depressed, I love being with people and doing the activities. I learned how to pour acrylic paints and bingo is my favorite game. I have an aide who helps me with my showers and my pills come to me in packages so I just have to take them. My family feels better knowing that I’m happier and well cared for. PACE gave me confidence and put sunshine in my life.”



**Elaine Frateschi**

“I am so glad I joined PACE in 2014. I now live at Highland House which is like a second family to me. The aides I had at my home before here and the ones I have now are all great. I am more at ease with all the help. I go to the Day Center once a week where I get my hair done and enjoy seeing other people. The transportation there is so easy and the PACE drivers are such nice people. I have a large family and they visit me a lot at Highland House.”

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

“I started at PACE last year after I got out of the hospital and since I joined my health has gotten better. The aides in the Day Center are great; they are so patient. I like the games, music and the group exercise!”

—Gretchen Cottell

“My daughters found PACE for me in 2017. The physical therapy I have gotten helps me move much better, has improved my balance and given me more confidence. I get around quite well with my walker.”

—Elizabeth Lord

“Because I have several medical concerns, getting good medical care is very important to me. Since joining PACE in 2017, I get my medications all set for me so I just have to take them. I have an aide that helps me with personal care and light housekeeping.”

—Sharon Diane Roberts

# Congratulations PACE CNY Volunteers of the Year



Congratulations to Cheryl Hickein for receiving the Volunteer of the Year Award for the Sally Coyne Center. She is an outstanding member of our team and has made a lasting impact on the lives of our participants. Cheryl helps out with outings, Day Center activities and can be counted on to help participants play bingo! Cheryl is also credited with starting a painting group which is a big hit with participants. Thank you Cheryl for your commitment to PACE CNY.



We also congratulate Susan Stevenson for receiving the Volunteer of the Year Award for the McAuliffe Center. Susan retired 15 years ago but had been a Recreation Therapist at Loretto for many years. Her love and compassion for caring for others brought her back to us and we are so grateful. She is often described as the “Energizer Bunny” because her enthusiasm and desire to help others keeps her on the move. Our thanks to you Susan for being a part of the Loretto family for all these years.

## Volunteer to Make a Difference

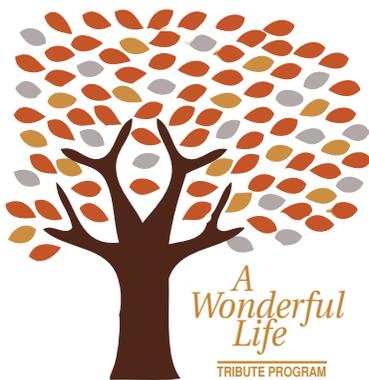
Please consider joining our volunteer team to make a difference in the lives of our participants. No experience is necessary and we have many volunteer opportunities at both PACE CNY locations; assist with special events, arts and crafts, outings, clerical tasks or being a friendly visitor. Help support our senior community by sharing your time and talents.

To volunteer, please contact Ginny Turley at 315-452-5800 ext. 156 or at [www.pacecny.org](http://www.pacecny.org).



## 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](mailto:foundation@lorettosystem.org)



## Condolences

We at PACE CNY mourn the recent passing of Dr. Peter Becker. Dr. Becker was a devoted physician in this area for 40 years and was one of the first Geriatric Specialists in Central New York. He diligently served our PACE participants for almost three years. Dr. Becker consistently advocated for inclusion, fairness and compassion and he will be sorely missed.



# Home Health Aide Training Program

PACE CNY is proud to offer the New York State Department of Health's Certified Home Health Aide Training Program. All PACE CNY Nurse Educators have been certified by New York State to develop and present education according to the required curriculum. When our new Home Health Aides complete this rigorous class and pass their clinical training, they become a Geriatric Care Giver (GCG) for PACE CNY. The Aides then continue to receive extended education in our Enhanced Class. We are building on new skills learned in the NYS class so that they learn "The PACE Way" to provide excellent care to our participants.



## PACE CNY Launches Telemedicine Program

PACE CNY participants are now able to communicate directly with a doctor or nurse 24 hours a day, 7 days a week, 365 days a year.



How does it work? An FDA approved disposable patch worn on a participant's chest streams real time data to a Monitoring Intervention Center (MIC) which is staffed with



physicians and nurses. Patch technology streams data in real time. That includes a 2 lead EKG, respiratory rate, oxygen levels, skin temperature, and heart rate. It even detects falls. This enhanced level of oversight will keep PACE participants in optimal wellness while they are away from the PACE CNY Centers and help to keep hospital and emergency room visits to a minimum with the care that can be administered through the Telemedicine system.

PACE CNY participants will have mobile access to a virtual audio/visual consultation using either iPhone or an android device.

The network analyzes the data received in real-time to provide predictive insight to help clinicians optimize a treatment plan. All this helps to provide peace of mind to family, friends and caregivers knowing that their loved one is being monitored at home.

## New Logistics Center Coming Soon

Last year ground was broken on the new Transportation Logistics Center to better support the transportation needs of PACE CNY participants. This expansion is next to the McAuliffe Health Center in East Syracuse and will include a bus garage and maintenance facility. It will help to manage transportation needs more efficiently, while extending the useful life of PACE CNY vehicles. The expansion should be complete this fall.



# Meet Our Medical Staff



Douglas Tucker, MD  
Chief Medical Officer



David Heisig, MD  
Medical Director



Twinkle Patel, MD



Kime Ristoff, MD



Jennifer Weinraub, MD



Karen Heitzman, MD



Leah Weinberg, MD



Margaret Wade,  
PhD, DNP, FNP-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. Jeanne Bishop
- Dr. Sharon Brangman
- Dr. Dennis Daly
- Dr. Suzanne Lamanna
- Dr. David Page



Joining the PACE CNY team as a Community Physician allows me to help my patients stay at home through their senior years by benefitting from PACE services. I have been impressed with the comprehensive care team approach that ensures the medical, social and spiritual needs are met for each participant.

It is a privilege to be part of PACE CNY. I encourage providers to refer their patients and family members to encourage their loved ones to become part of the PACE program. It is a place of compassionate care of the elderly with dignity. —*Dr. Suzanne Lamanna*

## PACE CNY Board of Trustees

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## ***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.

### ***Home Care***

- Nursing Care
- Home Health Aide
- Personal Care Services
- Personal Emergency Response System
- Meals on Wheels
- Nurse/MD on call 24 hours
- Respite Care
- Family or Friend may be Paid Caregiver (CDPAP)
- End of Life Care

### ***Adult Day Care***

- Family Caregiver Support
- Recreation Services
- Social Services
- Nutritional Services

### ***Institutional Care***

- Emergency Care
- Hospital Care
- Nursing Home Care

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### ***Medical Care***

- Primary Medical Care
- Specialty Medical Care
- Diagnostic Procedures
- Rehabilitation Services
- Prescription Drugs
- Medical Equipment
- End of Life Care
- Dental, Vision & Foot Care

### ***Transportation***



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