

## Meet the PACE CNY Intake and Marketing Team!

These friendly faces start the PACE CNY assessment/enrollment process.



**Tammy Natoli, RN**  
Director, PACE CNY Intake & Marketing



**Kathy Coogan**  
Admissions Representative Specialist



**Donna Albert, DPT**  
Intake Screener



**Rebecca Brown, RN**  
Intake Specialist



**Shari Schwartz, RN**  
Intake Specialist

**Please call: 315.452.5800 for more information.**

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## PACE CNY Success Story

Recently, our PACE CNY team witnessed something just short of a miracle. Here is PACE participant Dan Prietti's incredible journey to recovery.

After suffering a major stroke Dan was unable able to walk or even move his hands. His son looked for options and realized that PACE CNY provided the services he needed in an in-home setting. The team at PACE reviewed his case and developed a comprehensive plan of Physical and

Occupational Therapy (including strength training, balance training, neuro/muscular re-education) that focused on Dan as an individual to help him regain some of his movement. Our program allowed him to remain at home while providing in-home therapy at first, and then provided transportation to therapy sessions at our facility as he started to improve. The PACE team even introduced interesting and creative approaches like mirror therapy and putting on a golf green, connecting him to his favorite hobby.

Working together with his team at PACE, Dan began to make significant progress. Less than a year later he was able to walk independently with NO assisted device, and even return to what he enjoyed most – golfing!



*Thanks to his determination, hard work, and help from the PACE CNY staff, Dan Prietti made an incredible recovery and made it back on the greens!*

*“ PACE CNY was a godsend to my aunt and our family. She was on the receiving end of nearly all of PACE's services: physical / occupational therapy, medication management, medical care, personal care, social daycare, and transportation. Along the way she met and befriended many people on the PACE team. We honestly could not have navigated the last few years of my aunt's life without the support, love and guidance of PACE. ”*



— From a family member of Mary Jane, PACE CNY participant from June 2017 to July 2021

# PACE CNY Celebrates Silver Anniversary



By *Stephanie Button, Vice President/Executive Director PACE CNY*

Twenty-five years! That's how long PACE CNY has served the residents of Onondaga County. As we celebrate this milestone, I can't help but reflect on the incredible journey PACE has traveled with such an overwhelming sense of pride. These past few years we were tested... as an organization, as a community and as individuals. Yet we always stayed true to our PACE CNY mission, values, spirit and philosophy of quality of care for our participants.

Looking back, I am humbled by the hard work and resiliency of our PACE CNY team, and the loving, kind support of our community partners, participants and families. We like to think that we are making a difference – and we truly appreciate the kind feedback from our county partners. We, at PACE, are committed to that role and are excited continue to serve our community.

#### Some of our recent highlights include:

- *Recognition as an Age-Friendly Health System*
- *Earned Gold Stamp Wound Care Designation for quality assurance*
- *Implemented smart, strategic initiatives like Grandpads, telehealth and telemonitoring*

Reflecting on our silver anniversary, it is overwhelming to think that it started with a simple vision to provide high-quality care in our community to older people with long-term care needs, that's now grown to be one of the most successful PACE programs in the country. We vowed to help individuals age-in-place, in the comfort of their own homes for as long as possible, and to be a resource to families of those caring for individuals who needed specialized levels of care. Looking ahead, we understand the important role community-based programs like PACE CNY will play in the future of long-term care.

Congratulations to our employees, our participants, our community partners and those of you who have become part of the PACE CNY family. We appreciate all of your hard work and we look forward to continued success in the future.



celebrating  
**25**  
years

PACE CNY has served over  
**2,900**  
participants  
*since opening our doors in 1998*

We've grown to  
**450**  
employees

We provide care to over  
**530**  
people  
*every day*



**Orion Roeder**  
Director of Recreation, PACE CNY  
*For more than 13 years, Orion has developed unique and creative programs for participants.*

## Age My WAY with Orion

### *Do you ever wonder how older Americans see themselves?*

At PACE CNY we launched a fun participant program: **Self Portraits – Faces of Aging**. PACE CNY participants reflected on what aging meant to them and expressed their feelings through self-portraits on how they truly envisioned themselves. The goal of the project was to see the myriad interpretations of aging, while offsetting typical stereotypes of getting older. It also showcased the incredible talent of our participants as we proudly displayed their completed works of art for all to enjoy.



# PACE CNY Allows You to “Age In Place”



**Mike Ritter, PT, DPT**  
Director of Rehabilitation,  
PACE CNY

Did you know that close 90% of all homeowners want to stay in their homes as they get older? But, many of them did not consider the need for adaptations for aging when they first bought their homes.

*To “Age in Place” means having the ability to stay in your own home safely, independently and comfortably as you get older.*

As a Physical Therapist at PACE CNY, I conduct in-home safety assessments for seniors. I often visit residences of our participants to assess housing conditions to make sure their living space meets their individual care plan needs.

Here are just a few things from my check list:

- ✓ Avoid area rugs and be sure all carpeting is securely fixed to the floor
- ✓ Use a chair or bench in the shower
- ✓ Install grab bars in bathroom – near toilets and inside showers and tubs
- ✓ Replace low toilets with a raised toilet
- ✓ Create a first-floor bedroom and living space
- ✓ Widen doorways to accommodate a walker or wheelchair if it becomes necessary

**Do you know someone who needs help with daily activities? Do you worry about a loved one at home?**

PACE CNY can help you or your loved one receive the care needed to age in place at home! With PACE, you’ll have a team of healthcare professionals working with you and your family to provide your loved one with the personalized care they need. We offer in-home services that provide an alternative to nursing home placement.

**Please call: 315.452.5800 for more information.**



## 6 Fall Prevention Tips for Seniors



**Trish Wameling, PT, DPT**  
Trish has worked with PACE CNY participants for over 16 years.

Did you know that approximately one in every five falls for older adults results in an injury? The good news is that there are ways to help prevent falls before they happen.

PACE CNY Physical Therapist, Trish Wameling, shares a few tips to avoid potential falls during winter and all year round:



TAKE YOUR TIME



WEAR PROPER FOOTWEAR



CREATE A SAFETY PLAN



ASSESS YOUR HOME FOR RISK FACTORS



STAY MOVING



PHYSICAL AND OCCUPATIONAL THERAPY



*Stay in the Home You Love.  
Get the Care You Need.  
Live Like Loretta.*



## 2022 Year for the Books

At PACE CNY, every year is lots of fun, but 2022 was truly special! We wanted to share just a few of our favorite moments with you.



### Spring:

- Celebrating May 4th – Star Wars Day
- Artists of PACE featured at the Syracuse Hancock International Airport
- Self Portraits for Older Americans Month

### Summer:

- Ice Cream Sundae Fundraiser for Alzheimer's Disease
- Wii Bowling League
- Tai Chi
- Gardening Activities

### Fall:

- Halloween Parade
- Fall Crafts
- Flower Arranging
- Apple & Spice Aromatherapy
- Thankfulness Ceremony
- Beading & Wreath Making

### Winter:

- Lots of holiday crafts, fun, and more!
- Valentine's Day Crafting
- Mardi Gras Celebration
- St. Patrick's Day
- Healing Harmonies with Symphoria