

KEEPING PACE

Setting the
PACE
Since 1997

Inside This Issue

- PACE Legislation/
Controlling Diabetes.....2
- Seasonal Events &
Activities.....3
- The Faces of PACE CNY....4
- Volunteers Honored.....5
- Pet Therapy.....6
- News.....7

PACE CNY Enriches Quality of Life

Annette McMinn has benefited in so many ways from her enrollment in PACE. She was very familiar with the program, having volunteered for several years before becoming a participant. She was always very active in years past enjoying scuba diving and downhill skiing and wanted to remain active, even though she faced physical limitations. Annette attends the PACE Day Center in East Syracuse and credits the physical therapy staff for the comprehensive care she is given, which helped her restore strength, range of motion, flexibility, coordination, and endurance, as well as reduce pain.



Annette McMinn in therapy room

Annette is a true ambassador for the PACE program and has words of wisdom for anyone who may be hesitant to join. “There is no need to sit at home when there are so many great alternatives here helping you maintain the quality of life you deserve. I’m grateful every day and attribute much of that to the staff and friends I’ve met through the PACE Program.” She enjoys the camaraderie of many friends and the wide range of social activities. In addition, she appreciates the staff that works as a team to manage medication, therapies and nutrition and the volunteers who help those with limitations feel like they are always part of the action.

“I’m grateful every day and attribute much of that to the staff and friends I’ve met through the PACE Program.”

Most of the time, Annette just enjoys having a cup of coffee conversing with others, stating, “I love being part of a group. After all, a party for one is never any fun! I love my independence. Coming to the PACE Center enriches my quality of life. I have a reason to get up in the morning and truly believe my attendance at the PACE Center makes me feel young, and gives me the belief that the best is yet to come”.



New PACE Center a Success

Since opening last July, the new PACE Center in East Syracuse has been receiving rave reviews. Participants and staff appreciate the special features in the facility like the state of the art therapy room, spacious light filled day center rooms, and welcoming outdoor patio.

PACE
Participants
Are Our #1
Referral
Source

Federal Legislation to Expand PACE Services



Penny Abulencia,
Senior VP Loretto/
Executive Director PACE CNY

Sometimes as we look forward toward our strategic initiatives here at PACE CNY, it is important to look back. In 1973 Marie Ansok, a healthcare provider, envisioned a better way to care for elders in San Francisco. Working with state and federal officials, she and her team started the first PACE Program. And now, just over 40 years later, there are 118 PACE plans in 32 states and an opportunity to expand PACE across the nation. That historic moment came on October 5, 2015, when President Obama signed the PACE Innovation Act into law.

This is a very important event and is the culmination of years of effort by the National PACE Association and other PACE supporters and leaders. This act will allow PACE programs to expand their services to less traditional populations that could also benefit from the PACE model. This is an opportunity for Loretto to continue our tradition of innovation.

We enrolled our first PACE participant in 1997. Since then, we learned how to combine the housing components available through Loretto such as Malta House, Malta Manor, O'Brien Apartments, The Bernardine, Forest View, Highland House and The Heritage, with our PACE team care coordination. Looking forward, we hope to offer PACE to people in the Assisted Living program as well as applying for a demonstration program to serve those with development disabilities.

It's an exciting time at PACE CNY and we look forward to the opportunities to come!

“And now, just over 40 years later, there are 118 PACE plans in 32 states and an opportunity to expand PACE across the nation.”

Controlling Diabetes



Douglas Tucker, MD
Medical Director

We hear a great deal about the importance of blood sugar control for diabetics to avoid long-term complications such as blood vessel, eye and kidney disease. However, high sugars in the majority of older diabetics are

usually not cause for alarm. Most clinical studies that suggest improved outcomes with tight control based their conclusions on younger people expected to live with diabetes for a long time. As it often takes many years of consistently elevated sugars to develop diabetic complications, those in their 80's have relatively less to worry about when it comes to periodic high sugars. The risk is even less for elders who developed diabetes later in life because they have less time exposed to the negative effect of high sugar.

Of greater concern for elder diabetics is the *adverse effect of over-treatment*. Because it takes years for diabetic problems to worsen, it takes only minutes to have trouble with a very low sugar. For example, blood sugars under 60 can cause brain damage in minutes and must be quickly treated. Because of that, we are more concerned about complications related to low blood sugar, so we manage diabetic treatment less aggressively.

If you have any questions about diabetic controls, please speak with your healthcare provider.

Control your
Diabetes.
For Life.

1.4 MILLION
Americans are diagnosed
with diabetes every year.

29.1 MILLION
Americans or 9.3% of the
population has diabetes

Highlights of Seasonal PACE CNY Events & Activities

Summer

- Pet therapy visits
- Chiefs baseball games
- New York State Fair trip
- *Summer activities/BBQ*
- *Corporate bowling tournament*
- Womens/Mens Club trips
- Zoo and park trips



Fall

- *SU football games*
- Participant educational sessions
- Halloween party
- Fall foliage trips
- Mark the Magician performs
- *Pumpkin & apple farm trips*
- Wine tasting



Winter

- Lights on the Lake trip
- *Holiday Celebration & caroling*
- Christmas craft sale/baking
- Mardi Gras celebration
- Museum trips
- Crunch hockey/SU basketball games
- New Year's Eve party



Spring

- *Syracuse tour/SU sports outing*
- Older Americans Month Celebration
- Thank You to our PACE CNY nurses
- Emergency Preparedness Week
- Irish step dancers
- Gardening Club
- Casino day
- Farmers market



Year Round

- iPad social media Skype/FaceTime
- Crafting: beading, crochet, etc.
- Book Club/ Travel Bugs
- *Music/art therapy*
- Bingo/card games
- Birthday luncheons
- Wii bowling games/golfing
- Shopping/restaurant outings
- Intergenerational programs



What Does PACE CNY Mean to You?



Olga Rusyniak

Many of my friends have passed on, and by joining the PACE Center, I've made new friends. I even discovered I could learn a new skill, like painting. Clowns are my specialty and I feel very proud to have two paintings

displayed on the wall for everyone to see. I am thankful every day I come here, and attribute the care and attention I receive to helping me live independently.



Beverly Payne

My sister, who was a long time PACE participant, encouraged me to come. I was just sitting at home, twiddling my thumbs. That's when I decided to listen to my sister! Now I am able to

socialize with others while still receiving needed healthcare services. My mind is kept active and I enjoy the new friends I've made.



The Lombardos

Frank: I couldn't walk at all and needed a wheelchair to get around. I'm very grateful for the skills of my physical therapists, especially their constant encouragement that allowed me to progress to a walker and now a cane.



Ellen: I was hesitant to accompany Frank to the day center because I thought that PACE was strictly for elderly people who had limitations or serious health issues. I was so wrong. PACE is

for everyone, no matter what their stage in life is, and I enjoy coming here too.



Helen Sapp

I joined the PACE Center last year and come every day. I have a goal I'm working towards, getting rid of my walker. The physical therapists here are great and are just as dedicated to making

that possible as I am. They work closely with me, and I can now walk upstairs and can do at least 10 laps around the building. Every day I'm getting stronger, and attribute that to my therapists".

So many more of our PACE CNY participants wanted to share their feelings about what this program has allowed them to accomplish.

I was diagnosed with mild dementia and coming here to the PACE Center has kept my mind sharp, with no increase in memory loss. —*Ruth Clough*

You can never get enough of a good thing! My medication is carefully monitored, and transportation is provided for my doctors' appointments. It's almost like they anticipate what you need before you need it. —*John Vinciquorra*

I had a heart attack and was sitting home alone and depressed. I felt an amazing energy as soon as I walked through the door at PACE because people were talking and laughing and seemed to be having a lot of fun. —*Marlene Ward*



Volunteers Honored for Their Commitment to PACE



Larry (left) with Orion Roeder

2015 Volunteer of the Year

Larry Schoolnick is always willing to help at PACE and has been a valuable asset to the Therapeutic Recreation staff. He is a thoughtful, genuine, caring person who has brought joy to participants and staff alike. Larry helps out with large group activities and also leads small groups like movie trivia, skit and film tribute groups. He also volunteers to help participants enjoy many outings.

Larry is an outstanding member of our team, always wishing our participants a Good Morning and brightening the day for all.



Donna poses with Orion

2016 Volunteer of the Year

Donna Chappell goes above and beyond helping PACE participants as a volunteer with the Therapeutic Recreation department. Donna helps out in so many ways. She is involved with calling Bingo games, mailing out monthly calendars, and keeping track of participants' attendance at activities. The TR staff relies a great deal on Donna because she knows the participants so well and is asked to lead group activities.

Donna has steadily increased her responsibilities and is appreciated by participants and staff alike for her friendship and expertise.

Congratulations to both Larry and Donna. You are both inspiring people!

Become a Volunteer

Our volunteers tell us it's very rewarding. Opportunities include:

- Friendly Visitor
- Ms. or Mr. Fix It
- Library Work
- Musician
- Escort
- Gardener
- Arts/Crafts Teacher
- Clerical Helper
- Shoppers/Errands
- Nutrition Helper
- Special Events Assistant
- Receptionist
- Seamstress
- Durable Medical Equipment Repair

Volunteers needed for our North Syracuse location and for the new site in East Syracuse. Spanish speaking volunteers also needed!



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

Sisters of St. Francis Benefit from PACE

The Sisters of St. Francis have been an integral part of the Central New York community for many years and were honored at Loretto's Celebration Luncheon as one of the Founders and Visionaries who helped establish Loretto in 1926. Today, PACE is honored to provide the healthcare services needed for the Sisters and has done so since 2005. PACE now serves many of the Sisters at the new Franciscan Villa Residence on Buckley Road in Syracuse. The new residence opened in the summer of 2014 and provides a home for up to 96 sisters to live, work and pray as a community and 32 are enrolled in the PACE program.



New Approach to Pet Therapy

Can an adorable, lifelike robotic cat called JustOCat by Robyn Robotics increase the quality of life for PACE participants? Loretto has partnered with SUNY Oswego and the makers of JustOCat to implement a study to evaluate the benefit of a pet robot on patient outcomes, quality of life, and quality of care.

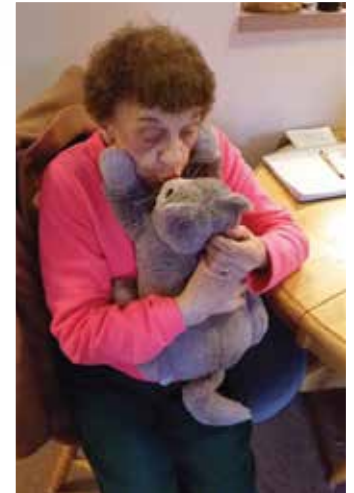
Pet therapy and pet ownership are effective interventions for people of any age and ability. It can be even more impactful for elders, especially if dementia is playing a role in their lives. What becomes difficult for pet owners as they age is having to manage the varied aspects of caring for their animals. Enter JustOCat, a robotic therapy cat that ‘breathes’, ‘purrs’, has soft plush fur, and has the same weight as a real cat on a lap. All of the benefits without the cost or physical difficulties of feeding a cat, cleaning the litter box, taking the animal to the vet, and the real danger of bites or scratches.

Using JustOCat as a therapy tool has been incredibly impactful for participants at PACE CNY. When one participant held it for the first time she was very impressed with how lifelike it felt. The participant’s family was so pleased with their mother’s reaction to JustOCat, that they ordered an animatronic cat just 2 days later! When the week study was over for her, there were lots of kisses evident, and it was obvious that the robot cat had been cuddled a great deal. Thankfully, the makers of JustOCat anticipated this and the outside of the cat is washable! Other participants and families have had the same experience and ordered their own animatronic cat as soon as the study was over.

“Pet therapy and pet ownership are effective interventions for people of any age and ability. It can be even more impactful for elders, especially if dementia is playing a role in their lives.”



PACE participants cuddling JustOCat



Advances in technology continue to amaze the healthcare community and we are thankful for the opportunity to improve the quality of life for our participants with this new approach to pet therapy.

Elder Embraces Technology



At 93 years young, Carrie Fane is still learning and taking on new challenges. Carrie lives on her own at Malta House and comes to the PACE Center every Monday and Thursday. Her grandchildren taught her the basics of using a tablet and the PACE staff help her keep up to date on what’s new on the internet. She even has her own page on



Facebook! Carrie had also never painted before but decided to take a class and see if she had any hidden talent. She is thrilled to have one of her paintings hanging up on the wall. Her next challenge – Tai Chi. Way to go Carrie!

PACE Partners With Community Physicians for Care

Federal regulations require that primary care be delivered to a PACE participant by a PACE physician or nurse practitioner. In 2005 PACE applied for and received a community physician waiver from the federal government. That waiver allowed PACE to contract with Dr. Robert Freidman to provide medical care to the Sisters of St. Francis.



Dr. David Page

We are very pleased to announce that we have recently been authorized to add up to 10 physicians from the community. Dr. David Page is now working with PACE as our first community physician under this new waiver. Three of Dr. Page's patients have chosen to join the PACE program and he will continue to care for them. We are also pleased to announce that Dr. Sharon Brangman, Dr. Jeanne Bishop and Dr. Andrea Berg have contracted with PACE to be part of the community physician waiver program.



Desta Anthony, NP

Nurse Practitioner Joins PACE

Nurse practitioner, Desta Anthony, will be joining the PACE medical staff this September. She has her own practice, MobileMed, and was on the faculty of the College of Nursing at Upstate Medical University, where she taught in the Nurse Practitioner program. She is currently a preceptor for the Nurse Practitioner program at Le Moyne College.

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. There is a tribute tree in the main lobby of our Sally Coyne Center in North Syracuse and also a tribute tree in our new McAuliffe Health Center in East 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



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**New Physician Waiver Enables
Some Participants to Keep
Their Primary Physician**

See page 7

**Stay in
the Home
You Love.**

**Get the
Care You
Need.**



PACE CNY 

A Program of All-inclusive Care for the Elderly

**Caring For Seniors in the
Community & at Home**

A program of Loretto in cooperation with St. Joseph's Hospital Health Center 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

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
(Crouse Hospital, St. Joseph's Hospital Health Center)
- 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.