Fall 2023

Keeping PACE NEWSLETTER

celebrating 25 years

Meet the PACE CNY Social Work Team!

These caring individuals manage the care and comfort of our participants.

Susan Glenn, Lisa Williams, Grace Herrick-Giannino, and Margaret Dec

Patricia DeFrancis, Jamie Bauer, and Carmen Viviano-Crafts

Raylyn Cabrera-Gomez, Courtney Green, Holy-Mai Sun, and Sarah Baum

Please call: 315.452.5800 for more information.

The Sally Coyne Center for Independence
100 Malta Lane, North Syracuse, NY 13212

The McAuliffe Center for Independence
115 Creek Circle, East Syracuse, NY 13057

PACE CNY Success Story

You are living independently at home when an unexpected fall changes everything. Instead of the day you had planned, you need emergency medical care and you can't move without help. What's next?

Enter, PACE CNY.

This happened to Ms. Theodora Little, or Teddy as she prefers to be called. She was living independently in her home when one misstep changed everything. After her fall, she needed to learn how to walk again.

PACE CNY provided a respite room where she could stay while receiving the medical care, therapy, and the personal assistance she needed to recover after her fall. She arrived at PACE CNY unable to move on her own, so the goal was for Teddy to regain both her mobility and her independence.

In most rehabilitation settings, participants are provided 4-8 weeks of therapy before being discharged. For Teddy, she was not yet walking after eight weeks. Because she is a PACE CNY participant, she was able to continue her therapy and eventually, regain her independence.

Her physical therapist Jessica Truesdell said, "If we stopped working with Teddy after eight weeks, she would still be in a wheelchair today, unable to walk on her own. We are so proud of her work over the past eight months, and we continue to see improvement in her movement."

Teddy is continuing to work hard with her PACE CNY care team with regular visits for therapy and activities at the PACE II location in East Syracuse. She credits her success to the care she has received at PACE CNY.

> *"I know I wouldn't be walking right now if it weren't for the people at PACE CNY who helped me. I'm very thankful to be where I am."*

Teddy with her Physical Therapist Jessica Truesdell and Occupational Therapy Assistant, Christine Wigard.

PACE CNY
A Loretto Program of All-Inclusive Care for the Elderly

pacecny.org

Don't Wait for a Crisis: Develop a Care Plan Now

By Stephanie Button, Vice President, PACE CNY

Do you have a senior care plan for your loved one? The best advice I offer to families and caregivers regarding senior care is to have a plan in place before a crisis.

Today, seniors want to 'age in place' with nine out of ten Americans 65 and older wishing to stay at home for as long as possible, and 80% believing their current home is where they will always live, according to a joint report by the Home Care Association of America and Global Coalition on Aging.

While keeping a loved one at home might be ideal, as their caregiver you recognize they need help with things like personal care and transfers that you can't provide all the time. That's why I am proud of our PACE CNY care team and the services we provide our community to help staying home possible for our seniors and their families.

If assistance with long term care becomes necessary, it is critical that a caregiver knows what their loved one prefers. Talking about medical directives, or where and how they want to receive care, is an important conversation to have with seniors you care about. You don't want to wait until a stressful crisis to determine their care, yet having these conversations can be difficult.

Here are some questions to ask your loved one about their expectations of care to prompt that larger conversation about creating a senior care plan:

- *What is the hardest part about growing older?*
- *Where do you see yourself in the next ten years?*
- *What important things do you want me to know regarding your care?*
- *How would you feel if we wrote a senior care plan together?*

PACE CNY
A Loretto Program of All-Inclusive Care for the Elderly

celebrating **25** years

PACE CNY has served over **3,055 participants** *since opening our doors in 1998*

We've grown to **450 employees**

We provide care to over **557 people** *every day*

What does a PACE CNY Social Worker Do?

Carmen Viviano-Crafts
PACE CNY Social Worker

A social worker is a licensed professional who advocates for the best outcome for others.

As a social worker for PACE CNY, I am a member of an interdisciplinary team of doctors, nurses, therapists, and case managers who work together to customize a care plan for each PACE CNY participant. PACE social workers are the voice of our participants and sometimes their caregivers to ensure their wishes are heard and followed whenever possible.

We have three teams of social workers at PACE CNY, and we all have earned a master's-level degree in social work, and some hold additional licensure. Our jobs are multi-faceted and include managing communication between caregivers, participants, and their families, identifying programs and coordinating beneficial services, and providing emotional support for participants by addressing their fears, anxieties, and concerns. As social workers, we enjoy getting to know the people we serve and helping them live their best lives while as a PACE CNY participant.

PACE CNY Participant Spotlight: Kirk Killingbeck

Kirk "Flash" Killingbeck is 69 years young (he said he feels more like a 40-year-old) and enjoys being a PACE CNY participant.

Kirk began his PACE journey in 2016 as a 62-year-old Florida resident who needed help with transportation, meals, and medical services. PACE stands for "Program of All-Inclusive Care for the Elderly," and there are over 150 programs nationwide, including PACE CNY, located in Syracuse, New York.

When Kirk moved to Syracuse in 2018, he joined the PACE CNY community as a participant. Being new to the area, he said PACE CNY was a lifesaver.

"The social workers at PACE CNY have helped me tremendously. When I moved up here from Florida, I was homeless, living on my nephew's couch, and they found me a place to live. They also introduced me to a dietitian who helped me set up a meal plan with Meals on Wheels, and now they manage my medical appointments and medications. I don't know where I would be without PACE CNY."

Kirk is thankful for the services PACE CNY provides, and grateful for the friends he has made in the adult day care as a participant.

"When you get older, you need to learn and adapt. When I became a senior, I was afraid. The PACE CNY care team taught me how to advocate for myself to get the medical care I need, and the friends I have made at the day center taught me how to have fun. I meet my friend Brad at PACE CNY each week to talk, enjoy a meal, and have fun playing games like Wii Bowling. I wouldn't have any of this without PACE CNY."

Kirk Killingbeck playing Wii Bowling with his friend, Brad Pennell

Tips to Beat the Winter Blues

Orion Roeder
Director of Recreation, PACE CNY

Winter can be a hard time for our senior community who may feel disconnected from friends and loved ones when the winter weather keeps them inside. That's why we are so happy at PACE CNY to provide transportation to take advantage of therapeutic recreation programming at our day centers, technology to connect participants at home virtually, and activities to keep our participants engaged and social.

Here are other ways to keep your spirits high at home when the temperature drops low:

- **BRING NATURAL LIGHT INTO YOUR HOME, OR ASK YOUR PROVIDER ABOUT UV LIGHT THERAPY**
- **STAY ACTIVE WITH REGULAR EXERCISE**
- **CREATE A WINTER TO-DO LIST AND TRACK YOUR PROGRESS**
- **MAKE PLANS WITH FRIENDS EACH WEEK**
- **CALL, TEXT, OR EMAIL FRIENDS AND FAMILY REGULARLY**
- **START A NEW HOBBY LIKE KNITTING, PAINTING, OR PUZZLES**

PACE CNY

A Loretto Program of All-Inclusive Care for the Elderly

Intake & Marketing Dept, North Plaza, Bldg 2
109 Lawrence Rd East, North Syracuse, NY 13212
www.pacecny.org

celebrating **25** years

Stay in the Home You Love. Get the Care You Need.

Live Like Loretta.

Seasons of Fun

Spring:

- SU Basketball Game/Tour of Syracuse
- Older Americans Month Celebrations
- Gardening Club
- Corporate Bowling Tournament

Summer:

- Cooperative Games
- Big Dip Ice Cream Trips
- Restaurant Outings
- Shopping Outings
- Antique Car Show
- PACE CNY Summer Games

Fall:

- Syracuse Mets Game
- Participant Education Sessions
- Halloween Party
- Fall Foliage Trips
- Syracuse Sports Hall of Fame
- GrandPad Education

Winter:

- Door Decorating Contest
- Lights on the Lake trip
- New Year's Eve Party
- Valentine's Dance
- Mardi Gras
- Museum Trips/MOST IMAX
- Multicultural Holiday Celebrations

PACE CNY
A Loretto Program of All-Inclusive Care for the Elderly

For questions or referrals, call or visit us at:

Phone: 315.452.5800 • Toll Free: 1.888.728.7223
TTY: 1.800.662.1220 **www.pacecny.org**

MKT 15.1 Approved