



*Living Life
My Way!*

POSITIVELY PACE APRIL 2017

Shelby and Amanda, Valir PACE restorative aides, recently took a course in order to be able to offer Tai Chi for our participants.

Our Tai Chi classes will be available on Mondays and Wednesdays beginning of April 2017!

What is Tai Chi: Moving for better Balance?

Tai Chi: Moving for Better Balance helps older adults improve their balance and reduce the likelihood of falling. Research has shown that people who complete the program are half as likely to fall and are less fearful about falling.

What will you learn?

Participants will learn balance skills, good body alignment, and coordinated Tai chi movements.

What Health Benefits will you see?

- Improve physical health that leads to better functioning in daily activities.
- Improved balance, muscle strength, flexibility and mobility.
- Improves musculoskeletal conditions, cardiovascular functions, reduces Hypertension.
- Improves the quality of sleep
- Enhances Stamina
- Increases Energy



PARTICIPANT SPOTLIGHT



Nicole Jones, nurse for Valir PACE, would never have guessed that one day she would have the opportunity to care for the nurse that trained her years ago at St. Anthony's emergency room department. The care that Terry Sheehan provided to so many has come full circle in a matter of speaking. When Nicole describes Terry Sheehan, she does so with a great amount of admiration. It is obvious she deeply cares about and respects the nurse that trained her at St. Anthony's hospital many years ago. Nicole recalls during her time working at Saints whenever there was a critical case involving an infant or child Terry Sheehan was the one to call, she was definitely who you wanted to be working by your side in order to ensure that infant or child had the best chance of survival.

Terry has the same attitude of respect when she describes the care she is receiving since beginning services at Valir PACE, program of all-inclusive care for the elderly, in June, 2015. She would not have guessed that in 2003 after coming off her 12-hour three day work shift she would have had a stroke after getting up that morning. At the time Terry was working at OU Medical in the Neonatal Unit.

After the stroke, Terry had difficulty with her speech, lost the use of her left arm, and was unable to get around without the use of a wheelchair. She found out about PACE and the services available to her after being at Valir Rehabilitation Hospital and felt it could benefit her.

When I asked what she appreciates about PACE she said, "At PACE the team strives to help us regain and keep our independence and to be self sufficient. They also encourage us to set goals. I love all the people here so much, not only the staff, but the participants too!"

So far Terry's journey has been long, but not without success. Since coming to PACE Terry has been able to regain the use of her left arm, no longer has trouble with her speech and has made incredible progress with a walker. When she started using a walker she went five to six feet. Her next goal is 20 feet and she plans to keep progressing from there. We know you will do it Terry, we are so proud of you and are happy we can help you reach your goals!

ALZHEIMER'S ASSOCIATION INSERVICE

Monday May 8, 2017 at 1 p.m.

Presented by: Carla Scull, Oklahoma Chapter of the Alzheimer's Association

Effective Communication Strategies

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, loved ones and caregivers need new ways to connect. Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.



HAPPY BIRTHDAY

Velma H — 4/3

Betty H — 4/15

Claudette W — 4/24

Beth F — 4/5

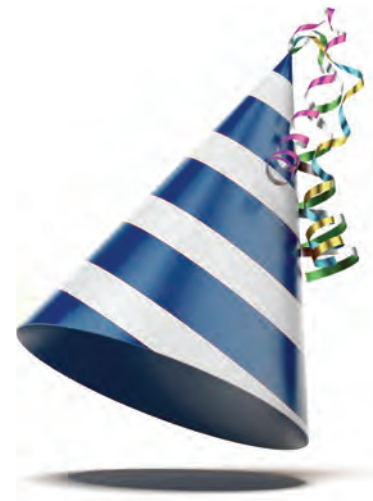
Deborah P — 4/18

Maria J — 4/24

Loretta J — 4/13

Kenneth L — 4/22

Lou Ellen B — 4/28



SPRING NUTRITION

Spring forward into a healthier you!

Spring time is approaching and many fruits and vegetables will become in season. Not only are fruits and vegetables healthy for you, they are also healthy on your budget when bought in season. . Fruits and vegetables provide you with many vitamins, minerals, and antioxidants that you cannot get from other foods or supplements. It is recommended to consume at least 6 servings of fruits and vegetables every day. Enjoy this simple recipe below using strawberries (in season now) and other fruits and vegetables as a low calorie snack or dessert!

Fruits and vegetables in season now include apricots, broccoli, cabbage, carrots, asparagus, bananas, spinach pineapple, celery, strawberries, lettuce, apples, just to name a few.

Fruit Salsa

1 lb Strawberries	½ C. Chopped Carrots	1 Tbsp. Lemon Juice
1 Green Apple	½ C. Melon	1 Tbsp. Honey

Directions: Cut all fruit into small chunks, add in a large bowl. In a small bowl, mix lemon juice and honey until honey is dissolved. Pour mixture over fruit and stir.

Enjoy with Cinnamon sugar pita chips, graham crackers, on top of yogurt, or by itself!

Tip: substitute any fruit or vegetable you like or have on hand!



Stroke Survivor & Caregiver LUNCH AND LEARN SERIES

WEDNESDAY, APRIL 5
11:30 A.M. - 1 P.M.

Join us for our bimonthly Stroke Survivors & Caregivers Lunch and Learn. This is a free event for all interested in support benefiting a stroke survivor, their caregiver, and all that know and loves these individuals. All attendees will enjoy a complimentary meal and refreshments.

If you are interested in attending a luncheon, please visit www.valir.com/events or call 405.609.3604 for additional details.

5 Simple Steps to Control Your Blood Pressure



High blood pressure can be fatal, so it's important to know your blood pressure reading and what you can do to keep things under control. **The good news is, we have an easy new way to help.**

JUST FOLLOW THESE 5 SIMPLE STEPS recommended by blood pressure experts from the American Heart Association, the American College of Cardiology and the U.S. Centers for Disease Control and Prevention. [For more information](#) ▶

1

Know Your Numbers.

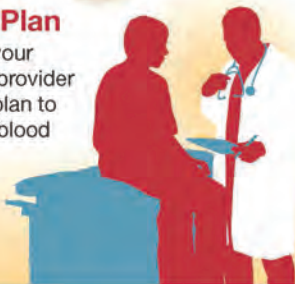
Most people diagnosed with high blood pressure want to stay below 140/90, but your healthcare provider can tell you your personal target blood pressure.



2

Make a Plan

Work with your healthcare provider to make a plan to lower your blood pressure.



3

Make a Few Lifestyle Changes.

In many cases this will be your doctor's first recommendation, likely in one of these areas:



Lose weight. Strive for a body mass index between 18 and 25.



Eat healthier. Eat fruit, veggies, low-fat dairy and lean protein, but lower your saturated and total fat.



Reduce sodium. Stay under 1,500 mg a day, which is associated with the greatest reduction in blood pressure.



Get active. Shoot for 40 minutes, 3-4 times a week.



Limit alcohol. Drink no more than 1-2 drinks a day. (1 for most women, 2 for most men)

4

Keep Checking Your Blood Pressure at Home.

Whether you're at home, at a store or anywhere else where you can check your blood pressure, make a habit of checking it regularly, tracking your readings and sharing them with your healthcare provider.



5

Take Medication as Prescribed

Take medications exactly the way your healthcare provider prescribes them.



For more help lowering your blood pressure, visit Heart.org/hbp

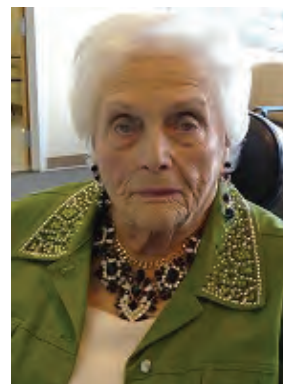
©2013 American Heart Association, 11/13057583

IN LOVING MEMORY OF



Florence Coley
1947-2017

Just because you can't see me doesn't mean I'm not there. Just because my soul is resting doesn't mean I don't care. One day we will meet again, but only when the time is right. When you step out of darkness, I will be standing in the light.



Mary Grigsby
1929-2017

On Angel's Wings you were taken away. But in our hearts you will always stay. We will hear your whispers in the tallest trees feel your love in the gentle breeze. Inside our beautiful memories we will hold you close. You are an Angel watching over PACE, with the comfort and blessings you bring, you embrace our hearts and hold them close. You will forever be our Angel on Wings



Chuti White

What brought you to Valir PACE?

I was looking for a better opportunity, but still wanted to be able to work with the elderly. During my interview I took a tour and was able to meet with some of the participants

and was so impressed with how engaged they were in the activities. I was also able to see that with PACE I would be able to do more with the participants rather than previously where I had worked a lot of the residents weren't able to be as engaged.

What is your favorite part of working at PACE?

I love meeting the participants, and being able to talk to them about their lives, understand their struggles and what they have overcome, and when I am able to help them with their goals. I feel I have become a better person from being able to learn from them and am appreciative of the advice I have been able to gain from them. I just really enjoy spending time with them.

What do you like to do in your free time?

I like to watch movies, in particular Netflix, which gives me an opportunity to catch up on TV shows I enjoy watching. Some of my favorites include; *The Walking Dead*, *The 100*, *Underground* and *Green Leaf*.

I especially like spending time with family, especially my son, Trey, we like to be on the go! Everything we do together is fun, I cherish every moment with him.

Who is your role model and why?

Janice Chandler, she was my track coach in middle school. She pushed me to be a better person in so many ways. She helped me realize that life didn't revolve around me, but also saw things in me that I couldn't see for myself. So she pushed me to be better and improve upon myself and helped me grow in so many ways. Now that I am older and a mom I really look back on some of the things she did and said and appreciate it in a whole new light.

Best vacation –

I love being able to go back home to Sandersville, Georgia. I am able to visit with my friends and spend time with family. We eat wonderful food and go shopping. There is food that just reminds me of home and I always enjoy having it when I am there; like boiled peanuts or old fashioned flavored chews.

What is something that you think very few people know about you, that you don't mind sharing?

I am actually very shy. I am typically the first person to greet people, so very few people guess that, but if they notice I usually talk very fast and it's because I am nervous and shy.

What is the most interesting thing you have learned from working at PACE?

I think I have learned how to be a better team player and to deal with situations better. Also, I loved going to the Healthier Choices, Healthier You class in order to be trained as a facilitator and able to provide it for our participants. It was an opportunity to improve my public speaking skills and I appreciated the fact that Brandy and Diane saw potential in me and asked me to attend.

EXERCISE HELPS HEARTS

Seniors who want to give their hearts a healthy boost may want to focus on exercise first, a new study suggests.

The research found that getting active may do more for cardiovascular health in older adults than losing weight does. "Any physical activity is positive for cardiovascular health, and in elderly people of all weights, walking, biking and housework are good ways to keep moving," study author Dr. Klodian Dhana said in a news release from the journal *European Journal of Preventive Cardiology*. In the study, Dhana's team tracked 15-year outcomes for more than 5,300 people. Participants were between 55 and 97 years old, and free of heart disease when the study started. Over the 15 years of follow-up, 16 percent of the participants developed heart problems.

In this group of older people, the researchers found no link between their body mass index (BMI) alone and heart disease. BMI is an estimate of body fat based on weight and height -- the higher the number, the more fat.

However, the study did find that physical activity was tied to a lower risk of heart disease, no matter what a person's BMI was.

Read the rest of the article at <https://consumer.healthday.com/fitness-information-14/misc-health-news-265/exercise-beats-weight-loss-at-helping-seniors-hearts-720156.html>

ADVANCE DIRECTIVE

What's so special about an Advance Directive?

Advance directives give you a voice in decisions about your medical treatment, even if you are unconscious or too ill to communicate.

As long as you are able to make and express your own decisions, you can accept or refuse any medical treatment. But if you become seriously ill, you might lose the ability to make decisions about your own treatment.

Providing your loved ones and caregivers with the information they need to make medical decisions for you is a great gift. It can spare them emotional anguish and conflict. Making end-of-life decisions for someone else is difficult and painful for loved ones and caregivers. You can make those decisions much easier for your family by talking about your wishes while you are able to do so. If your loved ones do not know your preferences, decisions are even harder to make and serious conflicts can arise between your family and medical caregivers or within your family itself. Without knowing a patient's wishes, some care providers will continue treatment because they are trained to do so. Even if your loved ones believe that you would not want a treatment, they might not be able to stop it without some direction from you depending on the state.

Remember, it's up to YOU to take the initiative and express your wishes. The social workers at Valir PACE are always willing to help you complete an Advance Directive - just ask and we'll be there to assist you.

WebMD Medical Reference from the National Hospice and Palliative Care Organization

APRIL 2017

MON	TUE	WED	THU	FRI
3	4	5	6	7
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:15 Bible Study 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Arts & Crafts 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym
10	11	12	13	14
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Bible Study 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Wii Game 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym
17	18	19	20	21
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Bible Study 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Crossword Puzzles 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym April Birthday Celebration
24	25	26	27	28
8:30-10:00 Breakfast 10:15 Arts & Crafts 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:30 Bible Study 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Balloon Toss 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 10:00-10:30 Bingo 10:30 Upper Extremity /Core Exercise Class 11:00 Nutrition Class 11:30 Otago Exercise Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym

Tabletop games, velvet art, and crossword puzzles are always available during your center attendance...

Valir PACE Foundation
721 NW 6th St
Oklahoma City, OK 73102

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PERMIT NO. 2134

Special Notice

PERSONAL BELONGINGS

Please note, PACE cannot be responsible for the security of your personal belongings on the vans or in the PACE center. Please DO NOT bring items of value such as cash, jewelry, or laptops. We encourage that you do not bring more than one carry-on bag with you to PACE as space on the buses are limited. If you have items that you wish to bring to PACE, we can try to identify a place to store those items at PACE for your use. Your walkers must be able to fold for proper secure storage on the bus, thus you may not keep bags on your walkers that cannot be removed.

Thank you for your cooperation!