



*Living Life
My Way!*

POSITIVELY PACE AUGUST 2017

Partnership with OKC Police Department Helping to keep Seniors Safe

The Police Community Relations (PCR) Unit of the Oklahoma City Police Department and Valir PACE, program of all-inclusive care for the elderly, are partnering to educate seniors about safety.



Recently, MSgt. Erick Huff, a Community Relations Officer, with the Springlake Patrol Division made a safety presentation to the participants of Valir PACE. Huff's presentation focused on basic safety tips, as well as how not to become victims of fraud. Following his presentation MSgt. Huff opened it up to questions by the participants.

The Police Community Relations (PCR) Unit of the Oklahoma City Police Department is made up of a group of specially trained officers whose focus is presenting information to neighborhood associations, businesses, churches, and other groups. Presentations can include information on safety, crime prevention, drug abuse, and numerous other topics. PCR officers can also provide you with information concerning how to set up a neighborhood association and neighborhood watch patrol. Each patrol division has a PCR officer.

Valir PACE utilizes a team-based care approach providing a personalized, comprehensive healthcare plan to seniors in our community that may not have had access to quality healthcare in the past or are struggling to get the care they need. All medically necessary services are provided at no cost to the PACE participant. Those enrolled in our program have better health outcomes, less visits to the emergency room, while continuing to live in their own home with our assistance.

If you would be interested in having a team come to your senior community and do a presentation that can help keeps seniors safe, please contact Stephanie Leiker, Community Outreach at (405) 609-3617 or email stephanie.leiker@valir.com.

PARTICIPANT SPOTLIGHT



Velma Howard had always been a very active person. When she worked for the United States Postal Service as both a mail handler and clerk, it wasn't unusual for her to put in 16 hour days and still have energy left at the end of the day. That is why she knew something was not right when she was feeling tired after just a four-hour volunteer shift.

For several years, Howard got mammograms every year, and then for some reason; she isn't sure why she just stopped going and getting them. But after finding a hard knot under her arm she thought it

might be a good idea to have another mammogram. In June, 2010 she was diagnosed with malignant breast cancer. In July, she had a left side mastectomy.

Unfortunately, it is not uncommon for women to either miss their annual mammogram appointment or to not follow the recommended guidelines for when they should begin receiving mammograms.

Now Ms. Howard never misses her yearly mammogram appointments and encourages others to ensure they get and keep their appointments as well. This year she received her mammogram when the Oklahoma Breast Care Center was onsite at Valir PACE, program of all-inclusive care for the elderly.

Howard started with the PACE program after her counselor referred her in August, 2015. She said that when she started the program she was barely getting enough food and had a lot of trust issues. She says that the socialization and physical therapy program have been very helpful for her, and she is getting her nutritional needs met.

Ms. Howard recently fought back from a long, painful journey that involved daily wound treatments. There were days when she wanted to give up. She continued to fight saying there were so many considerate people at PACE taking such good care of her and her needs. She shared she has referred many people to the program, including her relative and will continue to do so, because she really feels it is a wonderful program and can help so many people.

We are glad you are back to feeling better Ms. Howard and grateful that you are a part of PACE.

INJURY-FREE EXERCISES(FOR DIABETICS)

Injury-Free Exercise For Individuals with Diabetes – 11 Quick Safety Tips

Increasing your activity level is great for your diabetes and for your overall health, but it should be an enjoyable and safe experience. Here are a few simple things you can do to help prevent injuries, dehydration, and hypoglycemia when exercising:

1. If you have never been active or haven't been active for a while, start slowly. If you feel unsure about your health, talk to your health care team about which activities are safest for you.
2. Warm up for 5 minutes before starting to exercise and cool down for 5 minutes after.
3. Avoid doing activity in extremely hot or cold temperatures. Choose indoor options when the weather is extreme.
4. Drink plenty of water before, during, and after activity to stay hydrated.
5. If you feel a low coming on, be ready to test for it and treat it. Always carry a source of carbohydrate with you so you'll be ready to treat low blood glucose. This is especially important if you are on insulin and have type 1 diabetes.
6. If exercising for an extended period (more than an hour or two), you may want to have a sports drink that provides carbohydrates. Be careful to check the nutrition facts though, you may need to water down the drink so that you don't have too much, which can cause your blood glucose to spike.
7. Wear a medical identification bracelet, necklace, or a medical ID tag that identifies you as someone with diabetes in case of emergency, and carry a cell phone with you in case you need to call someone for assistance.
8. Activities should be energizing but not overly difficult.
9. Take care of your feet by wearing shoes and clean socks that fit you well.
10. Carefully inspect your feet before and after activity for blisters, redness, or other signs of irritation. Talk to your doctor if you have a foot injury or a non-healing blister, cut, or sore.
11. Stop doing an activity if you feel any shortness of breath, or light-headedness. Talk to your doctor, physical therapist, and/or occupational therapist about any unusual symptoms that you experience.

<http://www.diabetes.org/food-and-fitness/fitness/get-started-safely/injury-free-exercise.html>

Remember: Wear closed toe shoes for safety/comfort to participate in wellness program and skilled therapy

HAPPY BIRTHDAY

S. Cawthon — 8/1

V. Rosson — 8/1

E. Leal — 8/3

M. Romana — 8/7

K. Webel — 8/10

P. Short — 8/11

D. Guyer — 8/11

B. Turner — 8/13

J. Lewis — 8/15

M. Anderson — 8/15

B. Chamberlain — 8/15

D. Heldstab — 8/23

B. Jones — 8/23

D. Clawson — 8/27

M. Onley — 8/28

S. Cote — 8/31

L. Fleming — 8/31



IN LOVING MEMORY OF



June Byus
1946-2017

Remembering You

As time goes by without you and the days turn into years,
They hold a million memories and a thousand silent tears.
Remembering you is easy, we do it every day.
Missing you is the heartache that never goes away.

DIABETES MYTHS

Myth: Diabetes is not that serious of a disease.

Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack. The good news is that good diabetes control can reduce your risks for diabetes complications.

Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is to have a very small portion and save them for special occasions so you focus your meal on more healthful foods.

Myth: People with diabetes should eat special diabetic foods.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy eating for anyone – low in saturated and trans fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats and fruit. "Diabetic" foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.

Fact: Fruit is a healthy food. It contains fiber and lots of vitamins and minerals. Because fruits contain carbohydrates, they do raise blood glucose (also called blood sugar) and need to be included in your meal plan. Talk to your dietitian about the amount, frequency and types of fruits you should eat.

If you're new to type 2 diabetes, join our Living With Type 2 Diabetes program to get more facts.

Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.

Fact: Starchy foods can be part of a healthy meal plan, but portion size is key. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. In addition to these starchy foods, fruits, beans, milk, yogurt, and sweets are also sources of carbohydrate that count in your meal plan. Wondering how much carbohydrate you can have? The amount of carbohydrate you need will vary based on many factors. You and your health care team can figure out the right amount for you. Once you know how much carb to eat at a meal, choose your food and the portion size to match.

<http://www.diabetes.org/diabetes-basics/myths/?loc=db-slabnav>

MEASURING YOUR PAIN

Only the person experiencing the pain can know how bad the pain really is. Everyone else, including your doctors, nurses, and therapists can only guess. It is important to be able to measure the amount of pain you have so that you can tell someone how bad the pain is. It is much like using a thermometer to tell how much fever you have. By measuring your pain, health care providers and others can know how much you are hurting and how well the prescribed pain medication and other pain management techniques are working.

PAIN MANAGEMENT TECHNIQUES

Positioning:

Change your position in bed every 2 hours. Move from your right side, to your back, then to your left side (if your diagnosis allows for these positions).

Change your position in your wheelchair by shifting your weight from side to side, or putting your feet up or down on the leg rest or a foot stool.

Heat Therapy:

You can use a heating pad or warm blanket on the affected area. Do not apply a heating pad to any area that does not have good sensation. Do not put heat on areas with swelling.

Cold Therapy:

Place a cold pack on the affected area. Never place the cold pack directly on your skin. Always place it in a towel or in a pillowcase.

Relaxation Techniques:

- a. Breathing rhythmically in through your nose and out through your mouth.
- b. Progressive muscle relaxation
- c. Create a safe place in your mind and imagine yourself there.

Distraction:

Perform activities of interest to get your mind off your pain.

** Massage Therapy

** Stretching/Rocking

*** Ask your therapist if these are appropriate techniques for you.*

LOANS (ENERGY EFFICIENT HOMES)

Loans available for energy efficient home upgrades

Lower your energy bills this summer by making energy-efficient upgrades to your home using a low-interest loan from the City. Homeowners with household incomes of \$100,000 or less are eligible to apply for the loans, which are for up to \$15,000 and paid back for up to 48 months at fixed interest rates of 3%. The energy-efficient upgrades can save money on electric and gas bills over time. Applicant's must own and live in the home.

For more information or to apply, contact Heather Najera at 232-0119 ext. 3214 or eddasst@caaofokc.org.



Pam Palmer

Pam has been a valued Valir PACE team member since the very beginning. Pam's positive energy can be felt by anyone who has the good fortune of talking with her. We sat down with Pam to see if

she would share more about herself!

What brought you to Valir PACE? How long have you been here?

I have worked here for 23 years. I started next door at the hospital. I was there before it was Valir Rehab and I have been with Valir ever since. I moved to the PACE program when it opened.

What is your favorite part of working at PACE?

Participants! I love the participants! I like hearing their stories and how things were when they were younger. I learn so much from the participants and I love all the laughter. When I am on vacation, I miss the participants.

What do you like to do in your free time?

I like to spend time with my husband, doing yard work, decorating the house, reading cookbooks and baking. Baking is one of my favorite things to do. I love to make strawberry cake or cream cheese pound cake!

Who is your role model and why?

My pastor, who I call "Aunt", is someone I look up to. She is helpful, welcoming and her advice always works out. She doesn't know a stranger.

I am happiest when...

I am supporting people and spoiling them!

If I could do it all over again, I would...

I would not change anything, I like the way things turned out, but I would like to take a photography class. I love taking pictures of people.

My Perfect Day is

A calm, slow Saturday where I can drink coffee and look out the window. I just want to slow down, sit and enjoy the moment.

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

I used to be shy. You could not get two words out of me!

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

I have learned how far a little encouragement can go in improving someone's day. Just letting someone know you are thinking of them can make a difference.

What accomplishment are you most proud of?

I am proud I was able to care for my mom before she passed. I worked full time, but was also able to care for her when I wasn't at work. I would stop at her house before work to clean, do laundry and cook. On my way home I would stop in to see she was safely tucked into bed and that things were in order. I really miss being able to care for my mom.

Pam's positive spirit can be seen throughout the halls of the PACE building and participants often ask other staff members where Pam is at if she is not at work that day. Valir PACE is lucky to have Pam as a team member, as she keeps the front desk candy basket full of sweets and the hallways full of smiles!

AUGUST 2017 Activities and Fitness Calendar

MON	TUE	WED	THU	FRI
	1	2	3	4
	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 3:00-5:00 – Open Studio	8:30-10:00 Breakfast 10:30 Current Events 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 2:15-4:45 Open Gym 3:00-5:00- Open Studio	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 9:30-10:30 Bingo 10:30 Bible Study or 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
7	8	9	10	11
8:30-10:00 Breakfast 10:15 Bowling 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym 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 3:00-5:00 – Open Studio	8:30-10:00 Breakfast 10:30 Arts & Crafts 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 2:15-4:45 Open Gym 3:00-5:00 – Open Studio	8:30-10:00 Breakfast 10:15 Cooking Class 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 9:30-10:30 Bingo 10:30 Bible Study or 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
14	15	16	17	18
8:30-10:00 Breakfast 10:15 Deal or No Deal Game 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Class 2:15 Open Gym 3:00-5:00 – Open Studio	8:30-10:00 Breakfast 9:30-10:30 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 3:00-5:00- Open Studio	8:30-10:00 Breakfast 10:30 Wii Game 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 2:15 Open Gym 3:00-5:00 – Open Studio	8:30-10:00 Breakfast 10:15 Open Studio 11:00 Trivia Game 12:15-1:00 Lunch 1:00 -2:00 Movie & Popcorn 3:00-5:00 Open Studio	8:30-10:00 Breakfast 9:30-10:30 Bingo 10:30 Bible Study or 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 August B-day Celebration
21	22	23	24	25
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 3:00-5:00 – Open Studio	8:30-10:00 Breakfast 9:30-10:30 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 3:00-5:00- Open Studio	8:30-10:00 Breakfast 10:30 Floor Hockey 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 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 9:30-10:30 Bingo 10:30 Bible Study or 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
28	29	30	31	
8:30-10:00 Breakfast 10:15 Gardening 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 9:30-10:30 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 3:00-5:00- Open Studio	8:30-10:00 Breakfast 10:30 Ping –Pong 11:00-12:00 Tai Chi Class 12:15-1:00 Lunch 1:15 Walking Classes 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	Calendar is Subject to Change Daily

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

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Special Notice

EMERGENCY CALL (NOTICE)

For urgent or after-hours concerns about your health and before choosing to go to your nearest Emergency Room please call Valir PACE directly

405-609-3688

Please call 911 at your discretion