



Myths & Mugs Debut!

Have you ever heard someone say that Care Resources sounds too good to be true? Do you get asked about the requirements to enroll? Through our new video series, Myths & Mugs, our team dispels common myths and helps answer important questions about the program. The first video stars one of our participants, Jan, along with staff member Veronica. Our second video stars staff members Rashea and Barb. We are so proud of the work that went



into launching these videos! If you haven't seen them yet, please be sure to view them on our website.

Technology Showcase

Care.coach is an interactive device that provides companionship, health coaching, and reminders for appointments and medications. It can also be used for fitness and fall prevention. Not only does it give safety cues and access to exercise programs, but users can interact virtually with our team. WalkWise is an attachment placed on a participant's walker wheel. The device tracks steps and how often a participant gets up at night; it relays the data to Care Resources. WalkWise also provides alerts; when a walker tips over or if there is prolonged inactivity, we check in. It is a life-saving device! Ask a staff member for more information.

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CEO CORNER

A Message from Tracey McKnight

Greetings! I have exciting updates to share as we dive into the second half of 2022.

I am so proud of our staff and all they've done to ensure the well-being of our participants. Last year, we welcomed participants back to the Day Center. It's been a slow and steady process. We now have more than 80% of participants back. With measures in place, we've had no COVID-19 outbreaks to date. And we've been able to host fun celebrations for our participants. Learn more on page 5.

Additionally, I am pleased to say that approximately 90% of our staff and participants have received their COVID-19 vaccination and first booster. We're giving second boosters as eligible. Read more about our COVID-19 protocol and achievements on page 6.

As you know, our services never stopped during the pandemic. We've been able to adapt innovative ways of supporting, protecting, and treating our participants. Our hybrid home-health model continues to help participants thrive. In addition to our traditional on-site and home

care services, we offer telehealth visits, telemonitoring services, and new technology to support our participants' health and safety. We highlight a couple of our technology initiatives on page 1.

We've enjoyed welcoming new participants from our expanded service area. Last fall, we were approved to enroll residents of select zip codes in Allegan, Barry, and Ionia counties. We continue to serve in Kent county and select zip codes of Ottawa county.

Lastly, I want to give thanks and praise to all the staff, volunteers, and participants who made our 2022 Day at the Capitol event a huge success. The event was hosted by the PACE Association of Michigan (PAM) and brought nearly 400 people together. Please read more about it on page 3.

We're eager to hear your thoughts and questions. If you know of anyone who could benefit from our program, please have them contact us. Please also encourage them to view our new informative video series, Myths & Mugs. Read more on page 1. Thank you for working with us to keep yourself and your family safe. We hope to see you soon!

Sincerely,

Tracey McKnight

Tracey McKnight RN, BSN, MM
CEO, Care Resources PACE®

PACE Day at the Capitol

The PACE Association of Michigan (PAM) hosted its 2022 Day at the Capitol in Lansing on May 10. Participants, staff, and volunteers from Care Resources and 12 other Michigan PACE Organizations gathered on the Capitol lawn. The event brought nearly 400 people together to support PACE. PAM raised awareness and funding for its programs. The theme of the event was, "Living at HOME. Your Goal, Our Priority."

Stephanie Winslow, Executive Director of PAM, began the day. And our very own Tom Muszynski spoke about the importance of sharing PACE stories. Tom's words thrilled the crowd. "This event has been a dream of mine for a very long time...today is the day that we are going to shine in Lansing!"

Representative Mary Whiteford also attended. She shared that PACE is a top priority of hers. She will continue to support PACE and fight for funds in the 2023 budget. The day also included music, dancing, and lunch with elected officials. Many state representatives, senators, and their staff were present. Legislators were excited to hear participants' personal stories. It was great to thank officials for their support.

At the end of the day, Care Resources' staff and participants had a guided tour of the Capitol building. We took many fun photos.

The 2022 Day at the Capitol event was a huge success! Thank you to everyone who participated and helped to organize this special occasion. We look forward to seeing many of you again next year!



By the Numbers

- 13 PACE organizations represented
- 380 lunches served
- 40 state representatives
- 12 state senators
- Numerous legislative staff
- 5 state of Michigan Sergeant at Arms
- 5 speakers
- 3 media outlets
- 1 Sheri the DJ!



The Interdisciplinary Team (IDT)

IDT is the core decision-making body at Care Resources. IDT is composed of the following teams:

- **Primary Care Providers and Nurses** (coordinate all medical care for each participant)
- **Social Workers** (enhance participant well-being and coordinate benefits)
- **Home Care Nurses** (evaluate home safety and coordinate home care hours)
- **Physical & Occupational Therapy Staff** (assists participants with daily living as well as strength and mobility)
- **Dietitians** (oversee all aspects of nutritional health)
- **Pharmacy Staff** (works with you, your family, and your physicians to ensure medications are up-to-date and taken properly)
- **Recreational Therapy & Activity Staff** (schedules and coordinates programs and activities at the Day Center and at home)
- **Transportation Staff** (schedules and provides transportation)

Team Spotlight

In each newsletter, we shine a spotlight on one of our IDT teams. They do incredible work! In this edition, we feature our dedicated recreational therapy team.

The recreational therapy team provides fun games for participants at the Day Center. They also plan meaningful activities and special events. Summer barbeques are a favorite! The most important aspect of the job is bringing smiles and joy to all participants. If you haven't been to the Day Center in a while, be sure to visit soon for a game or activity!

“I really enjoy being a part of the recreational therapy team. I love interacting with participants and helping to make their day more fun!”

— Sabrina, IDT Member

Celebrations

Black History Month

In February, we honored Black History Month. Our staff decorated a dedicated wall with Black poets' and artists' photos and work. This wall was also filled with hearts to represent Valentine's Day. Participants enjoyed reading the poetry and seeing all the faces! We continue to honor Black history at Care Resources.

Women's History Month

We celebrated Women's History Month in March. This year, we honored women in the music industry. Participants enjoyed singing along to songs by famous women. The Bingo Store was also turned into a Barbie Museum to celebrate Barbie's birthday on March 9th. Participants enjoyed seeing many Barbies from the past and present. In March and all throughout the year, we celebrate women's success!

Spring Flower Arranging

In March, we celebrated spring's arrival by arranging flowers. All flowers were donated by Horrocks Market in Grand Rapids. Roses, daisies, and carnations were some of the most popular flowers. One participant said, "The best part of my day was smelling all the beautiful flowers!" Thank you to Horrocks for helping us make this a fun event!



Boosting Community Health

COVID-19 Safety and Vaccine Booster Update

Care Resources is proud to provide all services within the safety of CDC and state COVID-19 guidelines. We were recently able to welcome back a large number of participants into the center with safety measures in place. Since doing so, we have not experienced any COVID-19 outbreaks at the Day Center! Our team continues to monitor the COVID-19 landscape. This includes transmission, participant and staff cases, and updates to guidelines. Our goal is to provide a safe, healthy environment for participants; so that they can enjoy and receive the care they need.

We continue to encourage and promote COVID-19 vaccinations for staff and participants. This includes vaccine boosters. Currently, we have over 90% of our participants vaccinated. Almost 90% of those have received their first booster. We are giving second boosters to those who are eligible. Participants can visit any pharmacy that offers the vaccine or booster. If you do so, please notify us. Please ask a staff member if you have questions.

COVID-19 Safety Guidelines

All safety protocols in place for Care Resources continue:

- Masks are required.
- Temperatures are taken before getting on buses.
- Social distancing has been relaxed in the Day Center, but designated areas are still socially distanced for those who prefer it.
- Participant attendance has been updated and increased!
- Frequent hand washing is required.
- Cleaning of high-touch surfaces occurs daily; industrial cleaning occurs weekly.

Routines may not go back to how they were before. We've learned a lot through this pandemic, but our services never stopped and we don't plan to start now.

Center Closings

Independence Day: July 4, 2022

Labor Day: September 5, 2022

Thanksgiving: November 24, 2022

Christmas: December 26, 2022

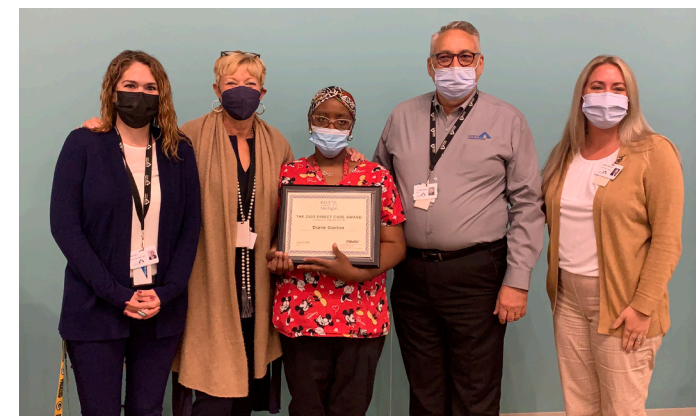
New Year: January 2, 2023

Staff Announcements

We are very excited to share some recent news from our team. We congratulate Susan Post on the birth of her baby girl. Rosalie Elizabeth Post was born on April 22nd. We also congratulate Katherine Baker on the birth of her baby boy. Calvin Baker was born on May 18th.



We are thrilled to congratulate personal care attendant, Diane Gaston. Diane received the 2022 PAM Direct Caregiver Award. Only one person from a Michigan PACE program wins the award every year. We are so proud of you, Diane!



welcome

NEW PARTICIPANTS

We welcome the following new participants. If you see any of these individuals, please be sure to extend a friendly welcome. We are thrilled to have each of them (and you) as part of our Care Resources family!

- **December:** Dean H., Keren C., Arend V., Loyce M., Jessie W., Kaymary R., Mary Ann B., Elinore S., Thomas M., Richard S., Maria T.
- **January:** Edwin B., Marcia D., Richard B., Sydney E., Robert M., Lydia I.
- **February:** Deborah S., Gayle D., Roberta M., Larry L., Dianna P., Lorraine S., Nikki A.
- **March:** Clara H., Ora M., Steven G., Carol T., Meschell V., Dolores A.
- **April:** Kenneth M., Roberto R., James W., Mariann T., Lennie L., Jeffrey S., Nourice M., Carl VH.
- **May:** Linda W., Quy N., Shirley L., Rose B., Betty G., Edward J., Sandra A., Jane V., David A., William W.

If you know someone who could use Care Resources' services, please call us at 800.610.6299.

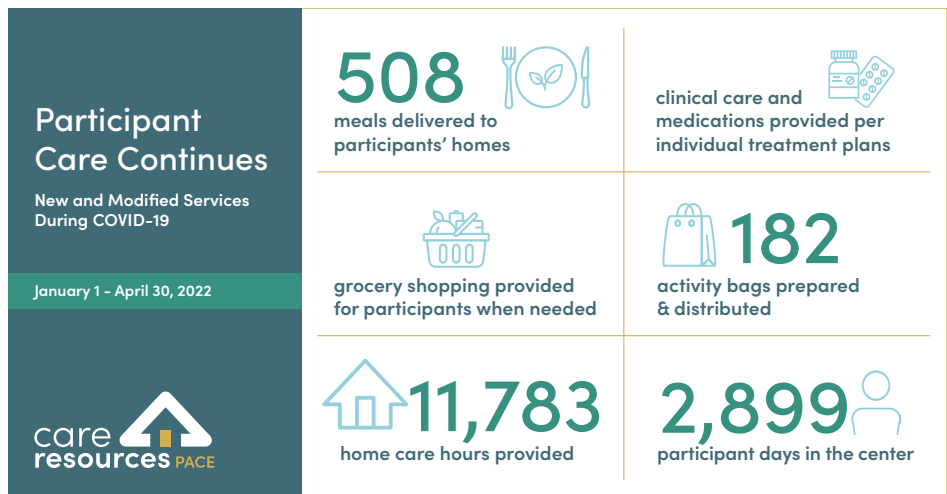


Stay Connected

- **Call** us with any questions: 800.610.6299
- **Visit** our website: careresources.org
- **Engage** with us on our Facebook page: facebook.com/careresourcesPACE
- **Check out** our new Instagram page: instagram.com/careresourcesPACE
- **Watch** our videos on our YouTube channel: bit.ly/CRYTvideos
- **Talk** with your social worker or any Care Resources staff member

“Care Resources has far exceeded my expectations. I am receiving excellent care from all the staff and volunteers.”

- Participant



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