



## Second Site Update!

We are excited to announce that plans to build a second site are now underway! The Board of Directors of Care Resources recently approved the project and estimate. Construction of the new site in Lowell is scheduled to begin later this year! If all goes according to plan, it will open by fall of 2024. This site will operate in addition to our current site in Grand Rapids. Please stay tuned for more information about a ground-breaking event that will take place late in the summer. We look forward to celebrating this special occasion with all of you and your families!

## Fun New Upgrades

As we're making plans for a second site, we're also making improvements to our current site. We recently added a canopy to our outdoor courtyard! Participants will be able to experience shade all summer long, even during the most sunniest of days. At our Memorial Day BBQ, participants enjoyed the new canopy as well as good food and cold drinks served by the leaders and staff! If you haven't been outside lately, be sure to check out the new canopy. Also keep an eye out for more fun upgrades to come to our current site!

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### Mission

To offer long-term care choices that promote independence, dignity and a high quality of life for the elderly members of our community.



## CEO Corner

### A Message from Tracey McKnight

Greetings! I have so many great updates to share as we continue to make our way through this beautiful summer. May was an exciting month as we supported the PACE Association of Michigan (PAM) at their Day at the Capitol event in Lansing. Read more about what this day meant to our participants as well as the special award received by our very own Tom Muszynski on [page 3](#).

During May, spirits were lifted as Care Resources lifted its masking requirement. This decision was based on various factors. Please read more about this update and our new mask guidelines on [page 6](#). As you may know, we've made great progress on our plans to open a second site. The excitement grew in May as we received approval to begin the next phase of the project. Read more about it on [page 1](#).

In mid-June, we launched an enhanced website. Not only does it offer new pages and features, but it shows off a good number of our participants! These participants took part in a professional photo shoot earlier in the year and now have one or more photos displayed on our site. Please visit our website at [careresources.org](http://careresources.org) and learn more about the enhancements on [page 7](#).

In mid-July, we will introduce a new specialty service for participants. We will offer palliative care that provides comfort and support to seniors with complex medical conditions. It's an honor to serve these individuals and provide them with both medical care and spiritual healing.

As summer flies by, we've been able to host many fun events for our participants. Multiple celebrations allowed us to travel back in time and relive our favorite time periods including high school. Read more on [page 5](#).

If you know of anyone who could benefit from our program, please have them contact us. Please also encourage them to view our video series, Myths & Mugs. We've added two new videos this year. Please be sure to check them out on our website. On behalf of all of us at Care Resources, we appreciate your interest in our organization and hope to see you soon!

Sincerely,

*Tracey McKnight*

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

## PACE Day at the Capitol

On May 16, The PACE Association of Michigan (PAM) hosted its second annual Day at the Capitol event in Lansing. Participants, staff, and volunteers from all 14 of the Michigan PACE programs, including Care Resources, were present. The goal of the event was to raise awareness and support for PACE. It was a great success!

The event took place on the front lawn of the Capitol building. Stephanie Winslow, Executive Director of PAM, welcomed the crowd. She spoke about PACE and gave out awards to four staff members. Tom Muszynski was one of the award recipients. Tom received the lifetime achievement award to recognize his commitment to the PACE community. Stephanie proudly stated, "Tom has not only been a role model, but a mentor...with exceptional dedication and commitment, he has put his heart and soul into advocating for PACE."

The day also included music, dancing, and lunch with elected officials and their staff. Participants were excited to sit down with legislators, share their own personal stories, and thank them for their work and support. After lunch, those from Care Resources took a tour of the Capitol building. "It was exciting to walk through the building and take pictures together" said one participant. "I loved looking up at the Dome and seeing the painted art!"

Thank you to everyone who attended; it was a fun and memorable day! Thank you as well to those who helped to organize it. We look forward to seeing many of you again next year!



### By the Numbers

- 100% PACE programs represented (14 total)
- 185 miles longest distance traveled
- 425 boxed lunches + 16 pizzas served
- 303 people wearing blue PACE t-shirts
- 16 state reps
- 10 state senators
- LOTS of legislative staff
- 4 award winners
- 1 Sheri the DJ, back again!



## 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)
- **Participant Care Assistants** (provide various care services necessary for attending to the personal needs, support, and health of participants)
- **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 participants, families, and 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 are featuring our nurses who are part of both the primary care team and the home care team.

Clinic and home care nurses help participants stay in their homes and out of hospitals and nursing homes. They provide education and services to help participants understand their plan of care and manage their health issues. Both nurse teams are essential in the care of participants. "Nurses in the clinic are great on triage and assessment. They complement the work of the home health nurses who play a vital role in seeing what patients go through every day in their homes and addressing issues before they become problems" said Nancy Baker. Nancy is the clinic and day center manager. She has been with Care Resources for 4 years. "I love being a part of the nurse care team at Care Resources," said Nancy.

**"Nurses can provide an additional layer of support. We're trained to watch and take action to help community members age safely in place."**

— Barbara, IDT Member

## Celebrations

### Love Is in the Air

It was a memorable start to the year as we celebrated Martin Luther King Junior Day in January and Black History Month and Valentine's Day in February. In honor of Valentine's Day, we held a dance for participants and staff in the Day Center. Sabrina from the Recreational Therapy team was our DJ and took song requests. We danced to our favorite songs including "YMCA." We also set up a booth with decorations and props where we took lots of photos. We had so much fun and were all feeling the love!



### Traveling Back in Time

Participants and staff felt like time travelers during the last week of March. We dressed up and celebrated a different decade each day of the week. We started with the 1950's on Monday and ended with the 1990's on Friday. One of our favorite activities was watching the Grease Sing-A-Long movie on 50's day. We sang to all of the songs and enjoyed root beer floats. Celebrating the 70's with a disco was also a lot of fun.



### A Prom for Everyone!

During May, we held our very own prom in the Day Center. Many participants and staff dressed up while others came as they were. We danced, sang, and even crowned a prom king and queen! CEO Tracey McKnight was our queen and COO Tom Muszynski was our king. For many participants, it reminded them of their own high school dances. "It brought back fun memories and made me feel young," exclaimed one participant.



## Boosting Community Health

### Update to COVID-19 Masking Requirements

During the pandemic, we all made hard adjustments to our daily lives. Routinely wearing a mask helped to keep everyone safe. Now with the lower number of COVID-19 cases in the community and the higher vaccination rates, we have been able to adjust again. Care Resources has ended our masking requirement for participants, visitors, and staff! This comes after a lot of thought and discussion. We talked with other health system leaders to ensure we were putting the best practices in place.

There are some situations which still require the use of masks (see Mask Guidelines). Additionally, you may always request providers and staff to wear masks during visits. We want all participants to feel comfortable and safe! We will continue to protect and respect those who are at high risk or feel stress because of the new mask guidelines.

We continue to encourage everyone to get the COVID-19 vaccine. This includes vaccine boosters. COVID-19 testing is also available based on eligibility. Please contact a member of the Care Resources team with any questions.



## Mask Guidelines

While many of us have been excited to return to smiling faces and normalcy, there are some situations in which we will still ask you to wear a mask:

- If you have cold-like symptoms.
- If you have a COVID-19 exposure (the clinical team will continue to coordinate testing after exposures).
- If Care Resources experiences an outbreak in the Day Center.

We know that ending the requirement to routinely wear a mask may bring concern to some who prefer it. Anyone may continue to wear a mask.

## Day Center Closings

**Independence Day:** July 4, 2023

**Labor Day:** September 4, 2023

**Thanksgiving:** November 23, 2023

**Christmas:** December 25, 2023

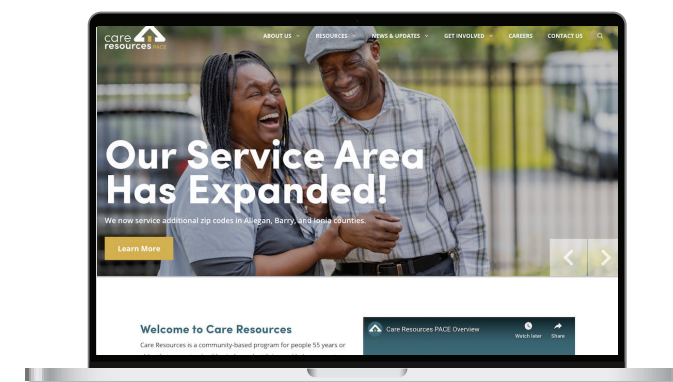
**New Year:** January 1, 2024

## Website Enhancements

In mid-June, we launched our enhanced website! Enhancements include an update to the overall look and feel, new photography and added features. A streamlined navigation and layout help improve ease of use and flow of content. Our website is now more user friendly on mobile devices. All of these updates improve accessibility and ensure we are ADA compliant.

You'll see familiar faces as some of our participants are featured throughout the site. New pages were also created. A resources section for participants, providers, and referrals is now available. Each have dedicated pages where they can download important information. An events calendar helps keep everyone informed of the happenings at Care Resources. It highlights fun events and activities for our participants. Stay up to date by reading the latest newsletters. The news section now has photos and a search filter. This makes it easy to find the articles you are want to read.

We're so excited for this refresh. We encourage you to visit [careresources.org](https://careresources.org) to check out our new website!



# 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:** Maxine B, Paul B, Adrian B, Louise V, Carol H, Victoria C, Dianne D

**January:** Bill B, Candida P, Ezra H, Roger B, Teresa B, Catherine K

**February:** Shakira H, Karla T, Jim P

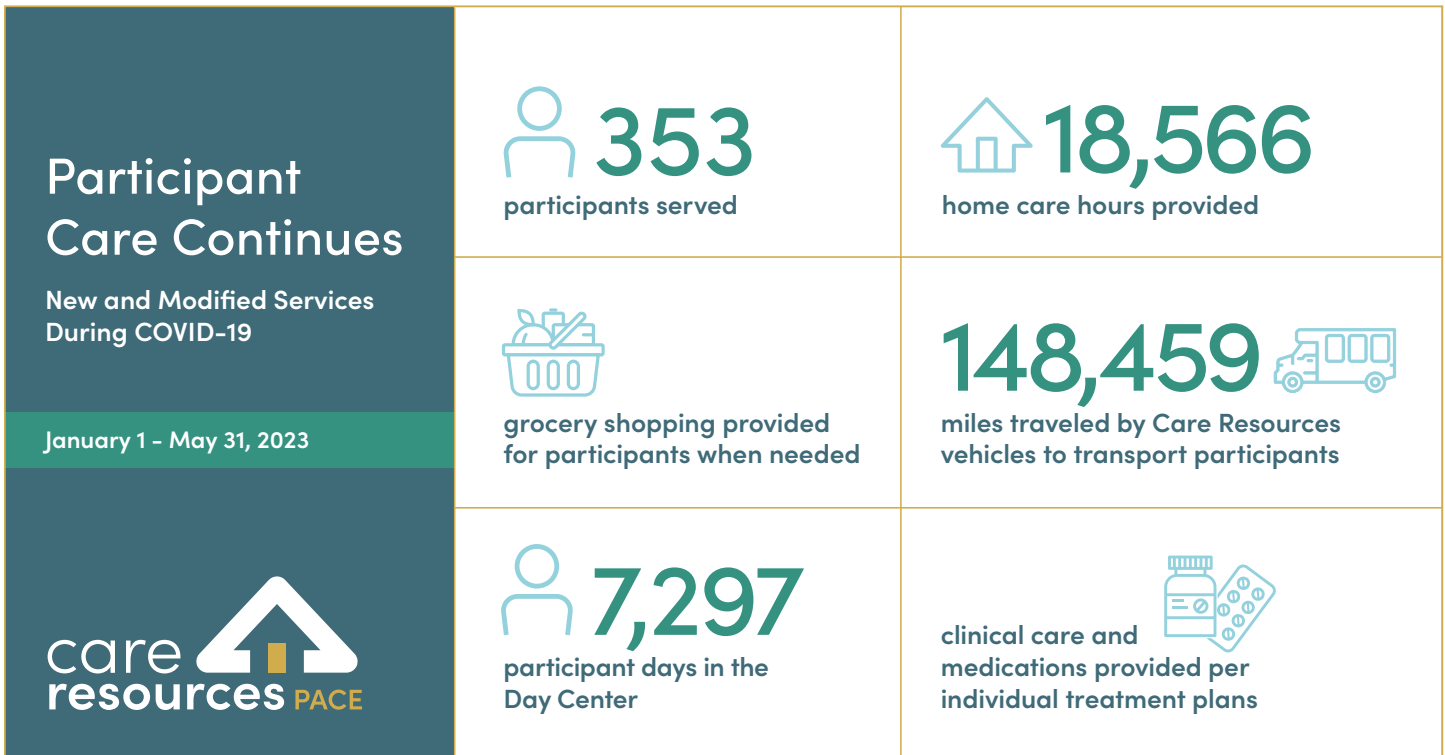
**March:** Juanita C, Becky B, Sheryl R, Teri M, Ralph C, Brian S, Mike A, Lynn E, Debra S

**April:** Alice D, Phyllis K, Francisco E, Maria E, Duane D, Lori H, The Van N, Houng T, Tommy Y, Muhamet P, Rusty V, Pam R, Mary R

**May:** Patricia A, Kenneth W, Patricia B, Anwar K, Usha K, Lebinia N, Dora S, Rachel N

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





## Stay Connected

**Call** the office with any questions, available Monday–Friday from 8:00AM–4:30PM (after hours and on weekends, there will be a nurse, physician, and social worker on call): 800.610.6299 • TTY 711

**Visit** our website: [careresources.org](http://careresources.org)

**Engage** with us on our Facebook page: [facebook.com/careresourcesPACE](https://facebook.com/careresourcesPACE)

**Check out** our new Instagram page: [instagram.com/careresourcesPACE](https://instagram.com/careresourcesPACE)

**Reach** out to the Transportation Department regarding pick-up or drop-off times, canceling center attendance, or other transportation related questions, available Monday–Friday from 6:00AM–5:30PM: 616.913.4001

**Watch** our videos on our YouTube channel: [bit.ly/CRYTVideos](https://bit.ly/CRYTVideos)

**Talk** with your social worker or any Care Resources staff member

“Care Resources is my second home. The staff, providers, and other participants are my second family. I look forward to coming every week and enjoy all the fun activities and events!”

- Participant

