



# THE WAVE

*The latest news and updates from LifeCircles PACE*



## OUR MISSION:

LifeCircles supports vulnerable individuals and their care partners by providing compassionate, comprehensive, team based care that honors their health care preferences and their desire to remain living in the community.

## Encouragement as we move through fall

*by Luke Reynolds, Executive Director*



Greetings! After an incredibly hot and sunny summer, fall is fast approaching! Many of the traditional fall activities will be much different this year, and most of the sports and events that we typically enjoy will not be taking place. What are some things that we can do to help you make the most of autumn during the coronavirus prevention efforts?

Even though we all must practice social distancing, you may be surprised by the number of things you can still do to remain active and socially engaged. Give us a call when you need some encouragement! Speaking of fall activities, here are two important things to keep in mind:

**November 3, 2020 is election day!** Don't forget to vote! In Michigan, you must register to vote by October 19, 2020 (by mail or online).

Absentee voter deadlines: Application due by Mail 10/30/20

Vote submission by Mail: 11/3/20

Vote submission in Person: 11/3/20

For more information, please visit: [www.healthyvoting.org/michigan](http://www.healthyvoting.org/michigan)

**Flu Season will soon be here!** As a LifeCircles participant, you will receive your vaccination from us. Health care experts say it's crucial to get vaccinated this year because the coronavirus pandemic has overwhelmed hospitals in parts of the country and taken the lives of more than 176,000 US citizens, according to John Hopkins data. The flu vaccination, along with wearing masks, staying home when you are feeling ill, washing your hands frequently, and disinfecting commonly used items and areas will really help keep us all from contacting the flu and COVID-19. We will be contacting you soon to schedule your annual flu vaccine and to answer any questions from you or your family. For more information go to [www.michigan.gov/flu](http://www.michigan.gov/flu).

## A warm welcome:

*Our entire LifeCircles family welcomes these new participants to our program. Though you've joined us during a unusual time, know that we are here for you and can't wait to show you all we have to offer.*



Peter K.



Angeline W.



Mike H..



Sally C.



Nicki G.



Gale P.



Johnny S.



McKinley P.



David K.



Ruby B.



Sue M.



Terry O.

## Photos coming soon:

- David D.
- Julia S.
- Terry H.





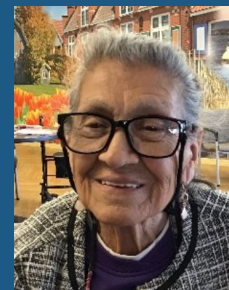
Jackie O.



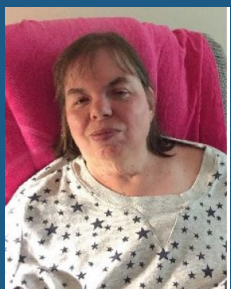
Frank D.



Lawrence B.



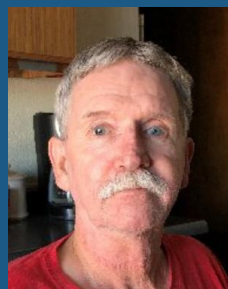
Irma F.V.



Lisa J.



Doug B.



Brian B.



Mark V.

## Protect yourself this flu season!



Public health officials are highly encouraging everyone get a flu shot this season. LifeCircles will provide you with a flu shot if you want one. We anticipate sending our clinic teams to participant homes to give the flu vaccine starting in October. Our clinic will contact you to schedule the appointment. There are no out of pocket costs for the flu shot for LifeCircles Participants.

## Care partner support:

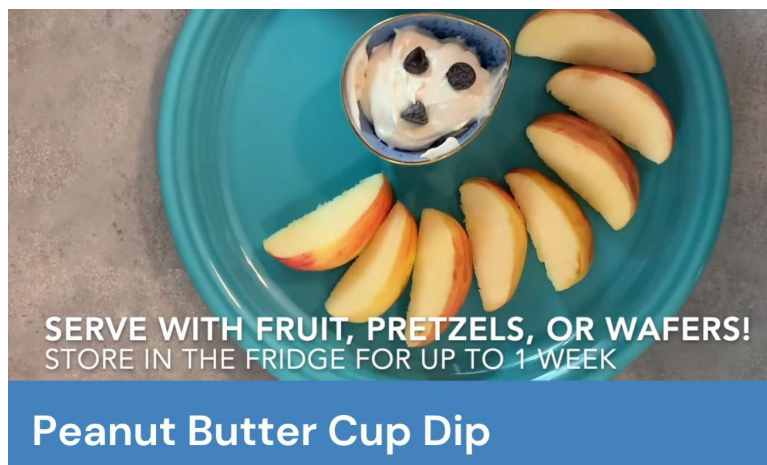
When we first wrapped our minds around the COVID-19 virus we thought it would be a short term event. Though we've had our moments of struggle, most of us were able to rationalize that we could get through these temporary challenges. As we move through the sixth month of the pandemic, we are all showing signs of fatigue. The LifeCircles Team has had to prioritize and re-prioritize how we deliver services multiple times. We are sure that you have also had to do some re-prioritization as the pandemic has rolled on. At LifeCircles we strongly encourage you to reach out to us if you are feeling worn down or burnt out. It is ok to not be ok, and we are here for you. Our weekly phone check ins will continue, but we also hope you will reach out to us if your needs or situation change. Communication is key to help us continue to meet your changing needs as we head into the winter months. Please give your social worker a call to discuss your unique situation. Our team remains committed to you and your loved one.

## A tasty fall treat

*Elle Merrill, a Registered Dietician with LifeCircles PACE created this tasty fall treat in celebration of PACE Month.*

Even dieticians like sweet treats in moderation! This dip is as tasty as a peanut butter cup, but packs in more protein and calcium than a candy bar does. For the full fall experience, serve with apple slices.

**Directions: Mix all ingredients in a medium sized bowl with a fork. Blend until mixed and creamy. Serve with fresh fruit, pretzels or wafers. Store covered in fridge for up to 1 week.**



## Ingredients:

- 1/2 Cup vanilla yogurt
- 2 Tbsp light or whipped cream cheese
- 2 Tbsp peanut butter
- 3/4 Cup light whipped topping
- 1 Packet of sweetener like Splenda (optional)
- Dash of vanilla flavoring
- Pinch of salt



## Celebrating PACE Month

We are often asked by people who've recently learned about PACE, why they hadn't heard about it sooner? PACE programs make so much sense in meeting the complex needs of older adults, but are not widely known in our communities. September is National PACE Awareness Month. This month is dedicated to PACE programs sharing our stories, and information to raise knowledge of the program. The National PACE Association advocates on behalf of PACE programs throughout the country. The PACE Association of Michigan works within our state to help lawmakers understand that our program provides a valuable and needed service AND saves Michigan's taxpayers approximately 41% compared to the costs associated with full time nursing home care.

Talk to your neighbors, your church, your family. You are the heart and soul of our program, and are the best representation of why PACE programs matter. We aren't able to spend money on fancy advertising campaigns because we're focused on providing high quality care to our participants. Your voice is one of the biggest reasons people join our program.

**Review LifeCircles online.** The internet is often the first people go to find solutions for their needs. Having many different reviews on Google or Facebook helps us stand out from other programs. If you want to leave a review for our program but don't know how, please call Sarah at 616-582-3114 and she will help you.



## What can you do to celebrate PACE Month?

**Talk about PACE.** Your real life experiences with the LifeCircles program are more meaningful than anything we can say about our program.

## More Dementia Resources are Coming!



Positive  
Approach<sup>®</sup>  
to Care  
[www.TeepaSnow.com](http://www.TeepaSnow.com)

LifeCircles is excited to announce that Teepa Snow's Positive Approach to Care (PAC) is headed our way in 2021. We received a Community Health Impact grant from the Michigan Health Endowment Fund to make this opportunity possible. We would also like to thank Porter Hills and United Methodist Retirement Communities for securing this funding. The Positive Approach to Care model will provide additional dementia care support and training to our team, our participant care partners and our community. We are looking forward to having dementia training video resources (online and DVD) available to our families. Please reach out to your social worker if you are interested in learning more or getting involved. Watch for further updates and opportunities!

# Staying well during COVID

*Practical tips from LifeCircles Behavioral Health Team*

For many, the COVID-19 pandemic has turned the year 2020 upside down. This virus has impacted the health of many and has also changed the way we socialize and connect with our family, friends and in some cases our caregivers. Taking precautions to protect our physical health like social distancing and staying home has led to isolation and loneliness for many people. But we do not have to sacrifice our emotional health in order to protect our physical health. Fortunately, there are things we can do to keep our mind, body, and spirit healthy during this COVID pandemic.

**ROUTINE:** Keeping a good routine can help prevent the “blues” or even a more serious case of depression from settling in. Getting up and getting ready for the day, taking care of household chores as best we can, getting regular nutrition, getting a good night sleep, and carving out time for fun are important when trying to sustain a positive outlook during a pandemic. These are easy things to let slide when we do not have anywhere to go and people are not coming to visit like they used to. Writing out your plan for the day and using a calendar, list, schedule can be a way to keep yourself on track.



"The challenge is not to be perfect - it is to be *Whole*" - Jane Fonda

**CONNECTION:** Fortunately, just because we are physically distanced does not mean we need to be socially deprived. Bringing back the fun of “pen pals” is an option to consider. Writing letters (and asking for a letter back) to friends and family can be such a nice treat to find in the mailbox. Having an activity to look forward too can help keep our mind in a more positive place. Scheduling phone calls with family and friends during the week can be another way to connect. For others, technology can fill a major gap as it relates to connectedness with family and friends. Try using a free app (Face Time, Duo, Zoom, Skype even Facebook Messenger has a video option) on your phone, ipad/tablet or computer to FaceTime with loved ones. This can be a wonderful way to stay socially and emotionally close. If available, get a grandchild or neighbor to help you sort out the technology piece.



**CREATIVITY:** Exploring new potential hobbies or recommitting to hobbies that have been sitting on the shelf can be another option to carve in a little fun in throughout the day. Sometimes this takes a little creativity or adaptation – we might not be able to do it the same way we used to but finding new ways to engage in meaningful activities can help bring us joy.



**MOVEMENT:** If you are able, finding some safe movement for your body (walking, gardening, stretching, or perhaps dancing) can brighten your mood and increase your energy as well. Don't push your body too hard and talk with your team if you experience pain or discomfort.

Setting goals each day is a practical way to help avoid the slippery slope of boredom which can turn into a sense of loneliness and despair. If you find you are needing help to get back on track, call us!



**Provider Network Notice:** There has been a change to the LifeCircles Provider Network: Effective November 21, 2020 Comfort Keepers of Holland will no longer be participating in the network. If you have questions about how this might impact you, please contact your Home Care Coordinator.





560 Seminole Rd.  
Muskegon, MI 49444

12330 James St., Ste H-10  
Holland, MI 49424

**Know someone who could benefit  
from joining LifeCircles PACE?**

Call today to discuss eligibility with our  
enrollment coordinators.

231-733-8655 or 616-582-3100



You may be fully liable for the costs of medical services from an out-of network provider or without prior authorization, with the exception of emergency services.



**Stay in touch!**



LifeCircles PACE



[www.lifecircles-pace.org](http://www.lifecircles-pace.org)



231-733-8686

616-582-3100



LifeCircles PACE