



THE WAVE

The latest news and updates from LifeCircles PACE

Spring has sprung!



by Luke Reynolds
Executive Director

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.

It has been a very trying year, and the winter season felt extra-long. The precautions everyone needs to take to prevent COVID-19 from spreading have been challenging. We miss seeing you often and being together in our day centers!

Spring represents renewal and life. As birds chirp again, flowers begin to bloom, and leaves grow from bald tree branches, our world is starting to feel hopeful.

The wide availability of vaccinations, combined with mask wearing, social distancing, frequent hand washing, avoiding crowds, and screening & testing activities will bring us out of this historic and scary time. While many people still have not been vaccinated, and others don't follow public health guidance for protecting themselves and others, I remain hopeful that we will continue to make progress. It probably will not happen as quickly as I hope, but we will get through it one day at a time.

Reflecting on the past year and all the challenges of COVID-19, I feel immense gratitude for the LifeCircles team and their commitment to caring for you in new ways. I am equally impressed by the resilience and strength of our participants and their families. Program participants who enrolled over the past 12 months have yet to experience the full beauty of LifeCircles. Among many things, we have learned to use technology in new ways and have realized that in-person meetings are not always necessary to do good work.

What have you learned over the past year? Have any of your priorities changed or become clearer? Do you remember living through a difficult season in your life and how you became stronger as a result? What have you done to stay connected with others? Are there ideas you have for how LifeCircles can better support people? What things are you looking forward to this summer?

Please consider writing a letter to share your thoughts with me. I would love to hear from you! Our addresses are on the back page of this newsletter.

A warm welcome

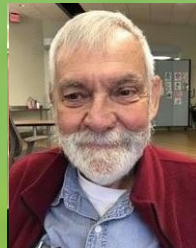
Our entire LifeCircles family welcomes these new participants to our program.



Arlene W.



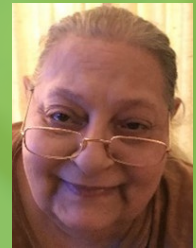
Barbara R.



Barton K.



Bill M.



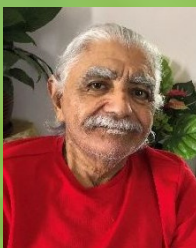
Bobbi W.



Buck H.



Carl S.



Carlos T.



Charlene P.



Chuck L.



Cynthia H.



Dorothy A.



Elmo D.



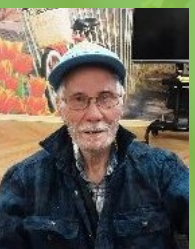
Eric L.



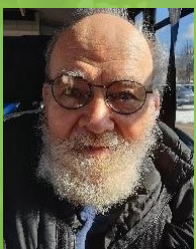
Garth B.



Geneva G.



George W.



Glen K.



Gonda K.



Grant E.



Hank S.



Irene R.



Irma B.



Janice R.

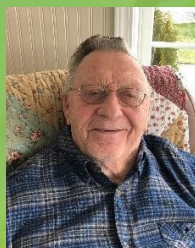


Jerry P.

Photos coming soon:

Mike A.

Deanna F.



John V.



Julia S.



Leona H.



Leslie L.



Linda D.



Mollie W.



Myra B.



Nanci H.



Nancy P.



Paz W.



Phyllis W.



Rhonda F.



Rhonda H.



Russell H.



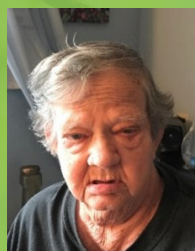
Sheral J.



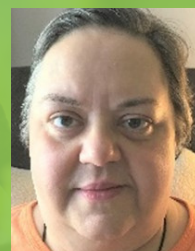
Sue L.



Tamara D.



Teresa W.



Terry M.



Tom V.



Winnetta D.



Yvonne R.

Our team values what matters most to you, and customizes our program offerings to your unique situation. It is our pleasure to partner with you to help you maintain as much independence as possible!

Caring for someone with brain change?

Brain changes, including dementia, happen frequently for participants enrolled in PACE. These changes can impact a person's memory, ability to problem-solve, personality, behavior, and judgement. People living with brain change might have more trouble being aware of safety issues or other risks. They might not have awareness about what is changing. These changes can be hard on both the participant and those who support them! Know that ***you are not alone*** as you navigate these difficult changes! Together, there are things we can do to make life easier for both people living with brain change and their care partners who work so hard to support them -- ***YOU!***

LifeCircles recently developed a partnership with the Positive Approach to Care (PAC) Dementia Training program to support our team members, families, and community partners. The focus of this partnership is on helping care partners learn about brain changes, figure out what thinking skills might be working well and not working well for an individual participant, and learn strategies to interact differently to help tasks and interactions become easier. We are grateful to the Michigan Health Endowment Fund for financial support with this initiative.

What options are available to you? LOTS!

- **Information and resources:** This includes videos and written materials for review at your convenience. Our team can help set you up with videos to review that fit your situation and check in with you to hear more about your experience.
- **Individual coaching:** Meet with a PAC coach to talk specifically about your situation. Learn new support strategies and ideas for providing care that you can try right away! In-person and virtual options may be available, depending on the pandemic.
- **Care partner support groups:** Coming summer 2021! These groups will allow you to connect with other care partners and learn specific skills that you can use right away for supporting someone with brain change! Virtual and in-person options available, depending on the pandemic. If needed, respite supports can be provided for your loved one so you can focus in a distraction-free environment.

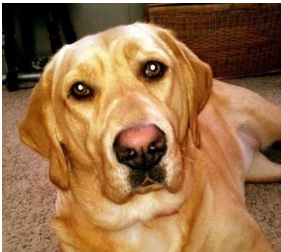


**Positive
Approach
to Care**
www.TeepaSnow.com

Interested?
Call your Social Worker:
Holland: 616-582-3100
Muskegon: 231-733-8686

Our furry stress reducers

A study done in the United Kingdom suggests that cute animals may contribute to a reduction in stress and anxiety. Here are some of our team's favorite stress-reducing in-home co-workers. Be sure to follow us on Facebook, so you can cast your vote in our upcoming pet beauty pageant!



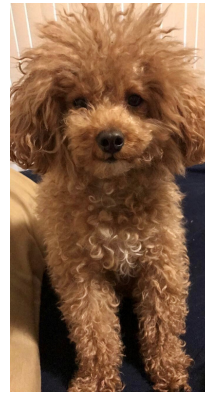
Fiona - Bridgette C



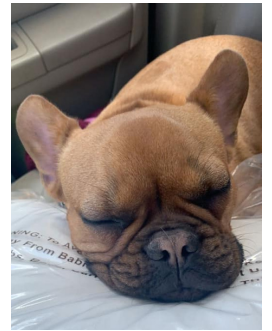
Spock - Nikki B



Breslin & Marie T



Teddy - Kodi H



Indy - Lacy C



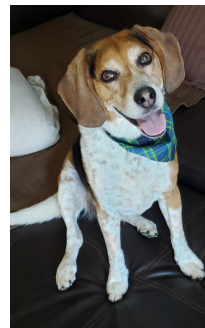
Laker & Chris B



Echo & Tiny - Brendan S



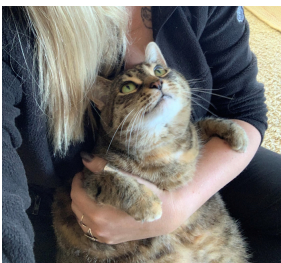
Ozzy & Luke R



Kobe - Shauna W



Marlin - Courtney S



Keke - Nicole S



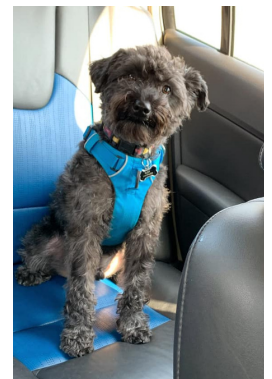
Maizie - Betsy S



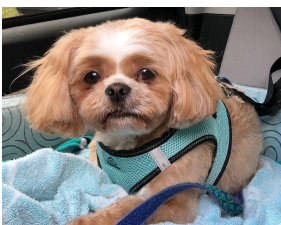
Boston - Tim W



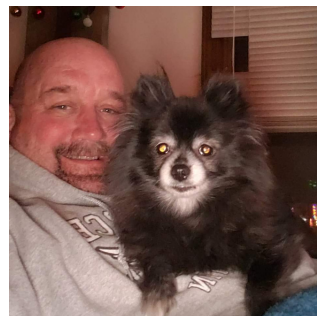
Silas - Sarah T



Rudy - Elle M



Ruby - Betsy G



Stella - Paul P



Louie - Megan G



Rocky & Lucy
-Safya



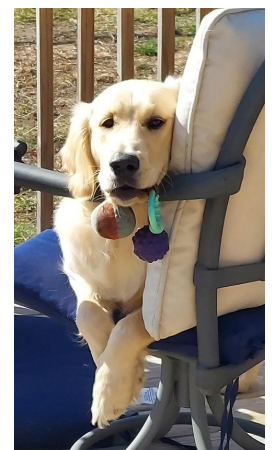
Jeanne's zoo



Rylie - Pam O



Bella - Julie D



Bo Peep - Sam P

LifeCircles Vaccination Update

To date we've helped nearly 80% of our participants and 73% of our team members get vaccinated. In April we were featured in a Fox 17 news story which covered how we've made it easier for program participants and their care partners to access the vaccine. You can watch the story online here:

<https://bit.ly/3xb9b1S>

It isn't too late to get vaccinated. If you have questions about the vaccine, or would like assistance getting the vaccine please call our clinics at either 616-582-3100 or 231-733-8686.



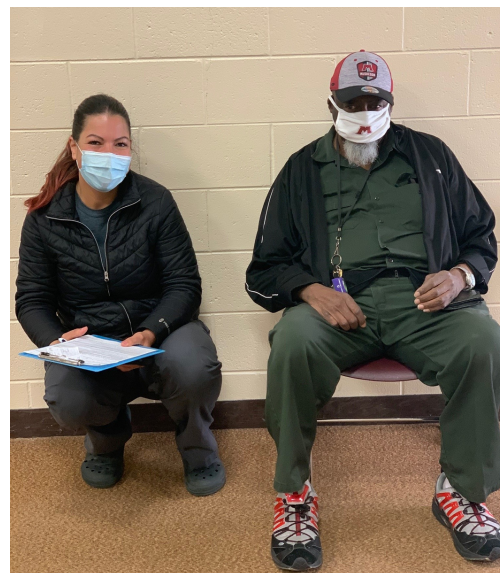
Josie and Barb appeared on Fox 17 to share how LifeCircles helped Josie get vaccinated



Audrey & Pat talk with Fox 17 reporter Angeline McCall about LifeCircles



Nicole keeps Donna company at a vaccination clinic



Safya assists Randy with paperwork at a vaccine clinic in Muskegon

Our website gets a makeover



HOME WHO WE ARE THE LIFE CIRCLES DIFFERENCE WHO IS ELIGIBLE? COMMON QUESTIONS EVENTS & NEWS RESOURCES DONATE CONTACT

All-Inclusive Care

At LifeCircles PACE, all-inclusive really means all-inclusive. We offer everything you need to support your independence at home, from medical equipment to home care and transportation and beyond. Click to learn more about our services.

WHO WE ARE

Our website is now easier to navigate.

You can find helpful resources at

www.LifeCircles-PACE.org. If you

know someone who could benefit from LifeCircles, they can now fill out a questionnaire to find out if they are eligible:

www.LifeCircles-PACE.org/eligibility/#eligible

Your experience matters

This summer a survey will be mailed to your home asking about your experiences with our program. Your responses are confidential, they will be randomized and analyzed by The Centers for Medicare & Medicaid before the results are sent to us. Please complete this survey, we want to know what we can do better for YOU! Assistance will be available if you need help completing the survey.



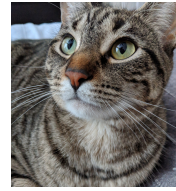
Oliver - Amy W



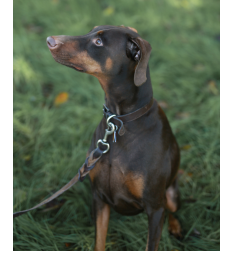
Remy - Kelly M



Oley - Paul P



Henrietta - Nikki B



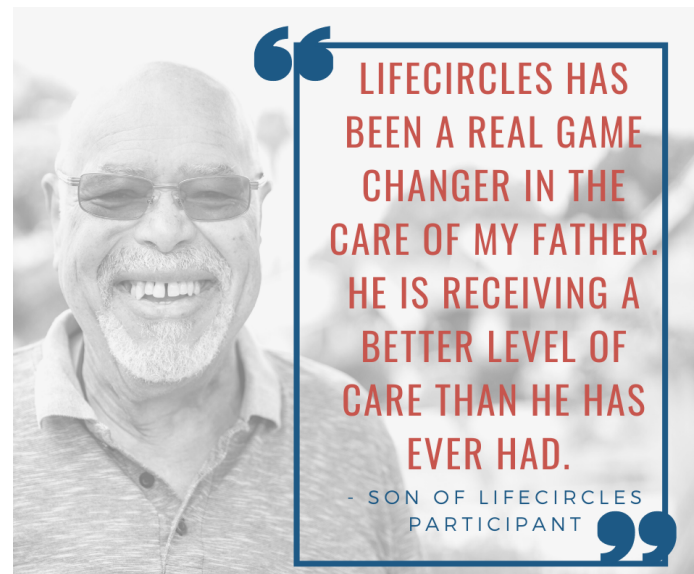
Gemma - Sarah M

A few more furry friends

Our team makes the difference

LifeCircles takes a common sense approach to providing care that makes a difference in the lives of older adults. Our senior care professionals have adapted to safely meet the needs of our participants during the past year. Our in-center aides have adjusted their hours and their places of work by helping participants directly in their homes. Our clinic nurses meet participants at home to complete lab draws. Our team has learned how to use and teach new technology in new ways, to help you and your family stay safe.

Thank
• Y • O • U •



Timothy B., Son of a LifeCircles Holland participant left this review for us online. See the full review here: <https://bit.ly/32r0aqX>

If you'd like to leave a review for LifeCircles you can do so via google or by visiting this link: g.page/LifeCirclesPACEMuskegon/review?

We are honored that some of West Michigan's best, and brightest serve the seniors in our program. We thank them for their service. Without their dedication and compassion, our program wouldn't be what it is. **THANK YOU, THANK YOU, THANK YOU LIFECIRCLES TEAM!**



560 Seminole Rd.
Muskegon, MI 49444

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

DID YOU KNOW?

We have low impact movement videos on our
YouTube Channel waiting just for you?



Dedicated even from a distance – some of the
Clinic team from our Holland center

As a member of the LifeCircles health plan, all
services authorized by the team are covered. If you
see a provider without prior authorization, you may
be fully liable for the costs of these visits with the
exception of emergency care.

LifeCircles PACE

231-733-8686
616-582-3100

www.lifecircles-pace.org

LifeCircles PACE

Stay in touch!

