

Keeping the PACE



“... I cannot tell you how thankful I am for Eddy SeniorCare...the enjoyment and friendship that my mother has gained there over the years is a testament to you all...” – excerpt from a letter from Command Sergeant Major, John Montgomery stationed in Bagram Airfield, Afghanistan, son of participant, Barbara Montgomery pictured left with friend and participant Lillian Yonych, far left.

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**A newsletter of
Eddy SeniorCare**

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New Study Cites Reasons for PACE® Effectiveness

Programs of All-inclusive Care for the Elderly (PACE®) were one of three programs researchers identified as models of long term care that are effective, efficient and less expensive than traditional long term care in a study whose findings appear in a recent issue of the Journal of the American Medical Association (JAMA, November 3, 2010).

“PACE® organizations are proud of our success in keeping older adults with long term care needs living in the community,” said National PACE® Association President and CEO Shawn Bloom. “This study helps to explain some of the reasons why PACE® is able to help so many families who are challenged to find the best care possible for their older loved ones.”

The researchers examined all peer-reviewed studies of comprehensive primary care models for older adults with multiple conditions published between 1999-2010. From this review, they identified four processes that are present in most successful models of primary care for these patients: development of a comprehensive patient assessment that includes a complete review of all medical, psychosocial, lifestyle and values issues; creation and implementation of an evidenced-based plan of care that address all of the patient’s health needs; communication and coordination with all who provide care for the patient; and promotion of the patient’s (and their family caregiver’s) engagement in their own health care.

“PACE® is innovative because it allows a team of health and service professionals to take responsibility for all aspects of a senior’s care,” Bloom said.

Need to make a referral?

Send information over a dedicated and confidential fax line directly to Intake Staff
(518) 831-6397



Birthday girl Ina Morton and entertainer Carla Page

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Keeping the PACE Update

Spring is a time of renewal and at Eddy SeniorCare we are excited to share that beginning this Spring we will be renewing our facility at in downtown Schenectady. We received grant funding through HEAL NY to expand and update our day center. This funding could not have come at a better time. Our participant census is increasing and new technology is emerging to advance the services we provide. For example – part of the renovations will include the installation of a wander guard system that will be activated when a “high-risk” individual breaches a perimeter. The “alarm” will be silent and sent to pagers identifying the location enabling staff to quickly assess the situation. The silent notification system will also be installed in the restrooms to create a more calming, less noise polluted environment. This is especially important when working with individuals that have dementia.

Other enhancements include the addition of a wheelchair accessible demonstration kitchen that will allow individuals to navigate through the tasks of cooking with our occupational therapists. This area will also be used by our nutritionists to demonstrate easy dinner ideas to encourage healthy yet tasty meals. Recreational therapy also has plans to get our taste buds going with group baking projects. Other perks with our renovations: the addition of a treatment room for the nursing staff and an additional private treatment room for therapy.

Keeping you and your loved one safely at home is our care team’s mission and we will now have an enhanced more spacious environment to support this goal.



Happy Spring!
Bernadette Hallam,
Program Director, RN, MBA

Eddy SeniorCare – A Look at Our Day Center



Above: Day Center Coordinator Claudia and Robert Anderson

Often referred to as the “hub” of Eddy SeniorCare, the Day Center is an excellent place for participants to socialize and get out of their homes. The Day Center offers much more than just a time to meet with friends. In addition to games like BINGO, pinochle and Hollywood Squares, the Day Center also has local entertainers, karaoke, craft days, community trips, fundraisers and a host of other social activities.

It’s also a time when participants get up and get moving by participating in therapy groups and contests. The most recent is, “A Hike up Buck Mountain.” In this challenge, Therapy has calculated the number of laps around the day center that equate to particular distances on a scale map of Buck Mountain. Each contestant has a marker with their name, and as they complete the distance, they ‘move up’ the mountain. It’s a fun and unique way for our participants to continue their maintenance therapy and challenge their friends to do the same.



Above: Participants Lois Abramson and Robert Kirkham dancing; Left: Jimmy Lahey and ‘Speedy’ Armlin play a game of pinochle.

New Study Cites Reasons for PACE® Effectiveness

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PACE® programs serve persons 55 and older, live in the PACE® service area, need nursing home level of care, and are able to live safely in the community at the time of enrollment. PACE® has been successful at enabling enrollees to continue living in the community using an interdisciplinary team that both plans and delivers care for each participant. PACE® organizations are responsible for all the care and services that each participant needs, including hospital stays and nursing home placement.

PACE® is funded through Medicare, Medicaid and private finances. It has been a recognized provider type since 1997. Currently there are 75 PACE® sponsors operating in 29 states.

The study was conducted by lead researchers Chad Boulton, MD, MPH, MBA, Johns Hopkins School of Public Health, Baltimore, MD and G. Darryl Wieland, PhD, MPH, research director of Geriatrics Services at Richland Hospital, Columbia, SC and USC Department of Medicine’s Clinical Geriatrics faculty.

Spotlight On ESC: Therapy



Pictured above, Eddy SeniorCare Therapy Staff: Sherri Wolken, Barbara Boyd, Heather Gray, Kim McNally, Laurie Boehkle, Malika Drexel, Marcie Franzone, Maureen Palutti and Shannie Surujpaul.

By Sherri Wolken, Rehab Manager

Services of Eddy SeniorCare are provided under case management through our multi-disciplinary team of doctors, nurses, social workers, home health aides, transportation, dietary and therapy. An integral part to this team is our occupational (OT) and physical therapy (PT) departments. The OT/PT of Eddy SeniorCare work with participants both in their homes and at the day center. Their role is to maximize safety and function within the home to allow participants to stay in their communities.

Annually PT/OT conduct assessments that not only include physical strength, functional movement, cognitive skills and balance of participants, but also recommendations for adaptive and durable medical equipment to improve safety and support caregivers.

Participation and engagement of the participant and family is a key



component in creating a plan that will support the family unit and enhance the quality of life of that participant. It is important for families to share their goals and expectation with the therapists because the best plans of care are collaborative. The rehabilitation professional seeks to provide ideas for participants and caregivers to safely maximize their everyday lives stay active and healthy, and most of all, enable an older adult to stay in their home.

Eddy SeniorCare Referral Considerations

- Struggling with independence, or requires assistance with activities of daily living(ADL).
- Frequent hospital visits/falls/missed medical appointments, medication errors.
- A caregiver that could use some additional support and/or respite.

**Must be at least 55 years old, live in defined service area & require assistance with ADLs.*



Pictured above participants in group therapy stretching their limbs; left, Barbara Boyd, PT and participant Theresa Nordlund enjoying dance therapy.

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Making a Referral to Eddy SeniorCare

- Call the Intake & Referral line (518) 831-6361
- Fax a simple Referral Form to (518) 831-6397

Our intake team will take it from there!

We will call the patient/family to explain the Eddy SeniorCare/PACE® and schedule a face-to-face visit detailing the intake and assessment process. For those caregivers that live out of the area, all printed material can be shared through email or US mail, so they can still be a part of the process. We are always available to answer any questions.

We will provide screening visits to the patient in the hospital, nursing/rehab facility or private home.

If the individual is not interested in pursuing Eddy SeniorCare or is not eligible, we will refer them to the appropriate agency for alternative services.

Even if the patient's next step is in-patient rehabilitation or a referral to a certified home care agency, we can follow that person through the levels of care to determine if Eddy SeniorCare can be a helpful resource in long-term care planning.

There is no cost for an eligibility assessment.



Eddy SeniorCare
Northeast Health