



# CEC PACE Newsletter

Semi-Annual Issue

Cherokee Elder Care-PACE Program

January 2020

## CEC Celebrated National PACE Month with Spirit Week

Teamwork is key to improving the lives of PACE Participants, and this year's National PACE Month celebrated the Interdisciplinary Team.



Staff and Participants alike had fun showing off their PACE spirit

during September 23rd-27th.

Many enjoyed Hat Day, Patriot Day, Favorite Sports Team Day, Crazy Sock Day, and Wild West Day.



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## Cherokee Speakers Honored at CEC

Staff from the Master Apprentice Cherokee Language Program visited CEC to gather signatures for their roll book and present medallions to first language Cherokee speakers



## Severe Winter Weather-101

### Types of Winter Precipitation

A winter storm is a combination of heavy snow, blowing snow and/or dangerous wind chills. A winter storm is life-threatening.

**Blizzards** are dangerous winter storms that are a combination of blowing snow and wind resulting in very low visibilities. While heavy snowfalls and severe cold often accompany blizzards, they are not required. Sometimes strong winds pick up snow that has already fallen, creating a ground blizzard.



An **ice storm** is a storm which results in the accumulation of at least .25” of ice on exposed surfaces. They create hazardous driving and walking conditions. Tree branches and power lines can easily snap under the weight of the ice.

**Lake effect storms** are not low pressure system storms. As a cold, dry air mass moves over the Lakes regions, the air picks up lots of moisture from the lakes. This air, now full of water, dumps the water as snow in areas generally to the south and east of the lakes.



**Snow squalls** are brief, intense snow showers accompanied by strong, gusty winds. Accumulation may be significant.



## Types of Winter Precipitation



**Snow** - Most precipitation that forms in wintertime clouds starts out as snow because the top layer of the storm is usually cold enough to create snowflakes. Snowflakes are just collections of ice crystals that cling to each other as they fall toward the ground. Precipitation continues to fall as snow when the temperature remains at or below 0 degrees Celsius from the cloud base to the ground.

**Sleet** - Sleet occurs when snowflakes only partially melt when they fall through a shallow layer of warm air. These slushy drops refreeze as they next fall through a deep layer of freezing air above the surface, and eventually reach the ground as frozen rain drops that bounce on impact.

**Freezing rain** occurs when snowflakes descend into a warmer layer of air and melt completely. When these liquid water drops fall through another thin layer of freezing air just above the surface, they don't have enough time to refreeze before reaching the ground. Because they are "super cooled," they instantly refreeze upon contact with anything that is at or below 0 degrees C, creating a glaze of ice on the ground, trees, power lines, or other objects. A significant accumulation of freezing rain lasting several hours or more is called an ice storm.

Brought to you by the Office of  CEC Quality Improvement and the  National Oceanic and Atmospheric Administration



### Senior Prom

During an outing Participants cut a rug at the "Out of this World Senior Prom" Friday August 24th in the Cherokee County Community Building. This event was open to all senior citizens and included entertainment by Duke Mason.





# Poker Tournament



Friends join in to play cards during this fun and lively poker game back in September.



## CEC ADHC Code of Conduct

The following Participant Code of Conduct was initiated by the Participant Advisory Committee (PAC) for CEC's Adult Day Health Center, to help promote a friendly atmosphere.

Treat fellow participants, staff members, and visitors with kindness, courtesy and respect as you would want to be treated.

Think before you speak, always using polite language.

To protect all participants and stay in accordance with HIPPA, health issues will be discussed privately.

Please follow established procedures for making requests.

Participant to accept responsibility for refusal of treatment that was prescribed or recommended.

Help keep our facility clean by picking up after yourself.

Be aware of others around you; please keep your voices down.





# Fall Festival

Participants had a blast listening to the Oklahoma Wildlife Band, playing corn hole, winning treats in a cake walk, and painting pumpkins. This was made possible in part by our friends from Cherokee Nation Home Health & Hospice.



# Code of Conduct Cont.

While waiting for transportation, the clinic, medications, therapy or any department, be patient. Although priorities change throughout the day you will not be forgotten.

Wait to be escorted to clinic, therapy, or any other CEC department in effort to keep everyone safe.

If you are in need of something, tell a staff member and they will notify the appropriate person.

If you have a complaint, please use the grievance procedure and not discuss this in the ADHC.

Be health conscious, wash your hands, cover your mouth when coughing, and throw away your used tissue.

Participate in your health care and your plan of care.



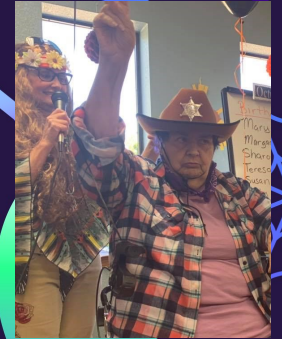


# Spooktacular Halloween

The ADHC was a happening place with Halloween activities as we celebrated October birthdays, and held the annual Halloween Costume Contest! Participants got very creative with their costumes this year. We awarded our three winners with individual trophies. 1st place went to “Hay Vern”, 2nd place went to “Wonder Woman”, and 3rd place went to the “Sleepy Elf”.



The Big Winners



## Staff Join in the Fun

You can spot some of your favorite CEC Staff members who joined in the fun for the day by wearing their costumes to work.





MERRY  
*Christmas*

HAPPY NEW YEAR

## Participant Christmas Party

CEC was able to have a fantastic Participant Christmas party with over 300 Participants and their guests in attendance. All of the CEC staff were thrilled to work together to help make this party a fun time for all. A huge thank you goes to Cherokee Nation TERO for their generosity and kindness during this season. Thanks to their donation of their Annual Golf Tournament proceeds they were able to give each Participant a gift. TERO staff were on hand to help pass out of the gifts.



## New Employees at CEC

Carey Sapp, CNA /Driver

Traye Green, Driver

Toni Hail, MSW

Madison Jackson, Financial Coordinator

Charlotte Essman, Driver

welcome

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HAPPY  
*New Year*  
2019

## CEC will be Closed for These Holidays

Martin Luther King Jr Day	January 20, 2020
Good Friday	April 10, 2020
Memorial Day	May 25, 2020
Independence Day	July 3, 2020
Labor Day	September 7, 2020
Indigenous Day	October 12, 2020
Veteran's Day	November 11, 2020
Thanksgiving	November 26 & 27, 2020
Christmas Eve	December 24, 2020
Christmas Day	December 25, 2020



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