

# PACE NEWS MAKERS

Upham's Elder Service Plan Newsletter ~ Winter/Early Spring 2019

## PACE Participants Voices Heard on National Platform

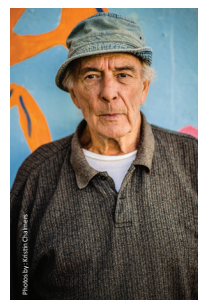
In the summer of 2018, Upham's PACE had the opportunity to collaborate with Community Catalyst's Center for Community Engagement on a project titled "Portraits of Medicare Medicaid Enrollees".

Community Catalyst is a non-profit organization whose mission is to organize and sustain a powerful consumer voice to ensure that all individuals and communities can influence the local, state and national decisions that affect their health.

Community Catalyst received a grant allowing them to bring together a group of policy experts, researchers, health consumer leaders, health care providers, entrepreneurs and consumers to talk about "What's Next for Medicare Medicaid" Enrollees at a forum in Washington, DC.

Community Catalyst enlisted dually eligible Upham's PACE Participants on this project. Community Catalyst showcased the Upham's PACE Participant portraits and statements during the conference where the discussion of "What's Next" ensued.

This project "Portraits of Medicare-Medicaid Enrollees" featured consumers from across the country and represented people in marginalized or low-income communities with complex medical needs and/or severe disabilities. Seven of Upham's PACE Participants' stories and photographs were highlighted. It was an honor to have our participants spotlighted in this project.



### Chris

I am: "A Survivor, Happy, a Country Boy in the City"

"What matters most to me is survival, memories, my two new knees and one new hip! I'm like the phoenix rising again."

Eleven million Americans rely on both Medicare and Medicaid for their health. We are your parents, grandparents, daughters, sons, neighbors and friends. The future of care for Medicare-Medicaid enrollees is our future and must be informed by our voices, our stories and our experiences.

[healthinnovation.org](http://healthinnovation.org)



Supported by a grant from The SCAN Foundation

## Dorchester Food Co-op Visits Dorchester Pace Center



The Dorchester Food Co-op is a grassroots initiative whose goal is to build a community and worker-owned grocery store that makes healthy food accessible and advances economic opportunity through neighborhood engagement.

Co-op Director, Christian Perry, was able to visit the Dorchester PACE Center and bring a variety of fresh fruits and vegetables for participants to purchase. It is often difficult for participants to get to the store to purchase these types of items and they can also be costly for those on a fixed income. Participants were able to purchase small amounts for little or no money. Staff was also able to purchase items as well. As an added bonus, Emily Schilling, our senior nutritionist was able to provide a food demonstration and some recipes using the food that was for sale.

Plans are underway to have Christian return to Dorchester PACE Center in the spring. We have also asked him to visit our two other locations as well.

For more information about the Co-op you can visit their website at:  
<http://dorchesterfoodcoop.com/about>.

## PACE Participants Visit The Food Project



A small group of participants and staff from the Roxbury PACE Center went to The Food Project, a local CSA (community supported agriculture) site. Their mission is to create a thoughtful and productive community of youth and adults from diverse backgrounds who work together to build a sustainable food system. The Food Project's greenhouse is located on Brooks Avenue, about a half mile from the PACE Center.

Participants were able to see a wide variety of vegetables growing in the warmth of the greenhouse smack in the middle of a cold January.

The Food Project donated several bags of vegetables grown in the greenhouse to the Center, including spinach, spring mix and garlic. The participants used the vegetables to make a delicious quiche and salad at their monthly cooking group on the following day. Thank you to Danielle Andrews, The Food Project Roxbury Greenhouse Manager, for hosting our participants.

PACE participants are planning to return to The Food Project in the summer to see the outdoor plots where The Food Project grows vegetable that are then sold at local farmers markets.

## We Can See Clearly!

Quality eye care is always important but even more so as we age. Upham's PACE participants have always had access to quality eye care but through a collaboration process between Upham's PACE and the Upham's Corner Eye Clinic, participants can now access care right in the community.

The good news is now we are able to go to the Upham's Corner Eye and Dental Clinic for eye services. Participants have just started going there and we are happy to report that they are happy and satisfied customers. Pictured below are two of the first participants who visited the clinic and received their new glasses.



*Coming Soon!*

Be on the look-out. An updated website will soon be launched. We will let you know when it's completed!

## PACE Participant Hosts Art Show



On February 20th, Susan Bailis Assisted Living hosted an art show featuring Upham's PACE participant, Elizabeth "Betsy" Hughes. Ms. Hughes discovered her love of art at age five. They showcased her paintings, had refreshments and opened the show up to the public.

As a young adult, she studied at the Rhode Island School of Design and grew to love abstract and landscape painting and collage. Ms. Hughes has had quite a career as an artist and now uses painting as a means of "coping with the world around [her]."

Through abstract work, Ms. Hughes said she's "able to create something that's never been created before." She shared, "I try to make meaningful images from my thoughts and what I see. Sometimes images are threatening, so I try to change them to something good. I stress good color, because I love color. I try to make things I like and that have meaning. I try to do art that inspires people to things they love."

Ms. Hughes has been a participant at Upham's Roxbury PACE since 2008.

## THREE PACE SITES TO SERVE YOU

Dorchester PACE Center/SAVIN HILL  
1140 Dorchester Avenue, Boston, MA

Jamaica Plain PACE Center/JACKSON SQUARE  
125A Amory Street, Boston, MA

Roxbury PACE Center/DUDLEY SQUARE  
36 Dearborn Street, Boston, MA

We are currently accepting new participants.  
Call our Enrollment Department at  
617-288-0970 for more information.

Would you like someone from the program to come speak at your facility or building? Would you like to find out more information about the Upham's Elder Service Plan, or recommend a Boston area senior to the program?

For more information on our program or anything that appeared in this newsletter please contact the Enrollment/Marketing Department at 617.288.0970.



**Hang In There - It's Almost Spring!**



1140 Dorchester Ave.  
Boston, MA 02125