A Message from the Executive Director

We are excited to share that the Elder Service Plan of Cambridge Health Alliance is changing its name to **CHA PACE** in January 2020.

Many of you may be familiar with the Somerville Cambridge Elder Services, which is sometimes confused with the Elder Service Plan. There are also other organizations, with similar names, serving older adults. The name **CHA PACE** aims to avoid this confusion and align our program more closely with Cambridge Health Alliance (CHA) and PACE, the national Program of All-inclusive Care for the Elderly.

Notwithstanding the change of our name, the program you have come to know and trust will still be the same. Please let us know if you have any questions or thoughts about our new name.

From all of us at **CHA PACE**, we wish you a happy and healthy holiday season!

Warm regards,

*Jed Geyerhahn*

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**Our Mission**

Provide and coordinate a comprehensive system of care to maintain the health, dignity, and independence of every participant.
Participants and Staff
Come Together and Give Thanks
November 13, 2019
Special Delivery for ESP!

Matthew Sherman, age 5, and Jack Sherman, age 7, visited the Elder Service Plan to make a special delivery.

The brothers did a great job saving money as part of a Community Kindness project and decided to purchase gifts for the Elder Service Plan. The gifts, including calendars, word search books, photo frames, scarves, and soap, will be used for Bingo prizes in the Day Center. Marcia Shalek, Therapeutic Activity Director, was on hand to welcome the boys and accept the gifts. Matthew and Jack are the sons of Tara Sherman, BSN, RN, ESP Nurse Manager, and Paul Sherman, Milieu Counselor, on the Child Assessment Unit at CHA.

Celebrating Halloween. Spooky costumes, music, dancing, decorations, crafts, lots of laughter, and candy. Lots of candy. Participants and staff, dressed in their finest costumes, celebrated Halloween from the start of the day until the very end.
A Note about Transportation

ESP understands how important transportation is to our participants and their families. You rely on it for medical appointments and visits to the day centers. Recently, delays caused by construction and road repairs throughout the cities and towns we serve are all too common. Yet, everyone wants safe roads.

In Somerville, road closures and detours will continue through Spring 2020. This includes Washington Street underpass, Broadway Bridge, Medford Street Bridge, and Beacon Street remains “an active construction site.” With winter coming, we anticipate snow delays and difficult road conditions, just like any other winter.

At ESP, we will do everything within our control to minimize your wait and ensure safe transportation to and from ESP and your medical appointments. Please let us know if you have additional concerns. We want to hear from you.

Food Safety Tips from Carrie Dvorak, MS, RD, LDN
Registered Dietitian at ESP

The holiday season and food preparation go hand-in-hand. From baking the perfect pie to dressing the turkey, this is the season when more people step into their kitchens. There are things you can do to help you stay safe. When cooking, keep these tips in mind to keep your family safe from food poisoning.

- **Clean**: Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.
- **Separate**: Keep raw meat and poultry apart from foods that won’t be cooked.
- **Cook**: Use a food thermometer. You can’t tell if food is cooked safely by how it looks.
- **Chill**: Chill leftovers and takeout foods within two hours and keep the refrigerator at 40°F or below.
- **Rinse**: Rinse fruits and vegetables (even those with skins or rinds that are not eaten) with tap water.
- **Thaw**: Thawing meat in the refrigerator is best. Never thaw meat on the counter. If you are in a rush, thaw your meat in the microwave or by running it in its package under cold water. Never soak raw meat in the sink to let it thaw.

**When in Doubt, Throw It Out**

We naturally hate to waste food, but don’t be tempted to hold onto food if you aren’t sure about it.
Call us first….
What should you do if you are not feeling well and you need immediate care? Call the ESP main number at (617) 575-5850. A physician is on call 24 hours a day, 7 days a week. Many emergency room visits can be avoided with a visit to our clinic, or troubleshooting over the phone with the help of an ESP physician. However, if you have a life-threatening emergency, call 911.

All Hands on Tablets!

At ESP, our day centers provide opportunities to experiment and discover new interests. We recently introduced participants to Tablet Technology!

The tablets host the program, “INTL-It’s Never Too Late” with “Person-Centered Technology.” Exciting programs, learning opportunities and exploration are all encouraged with a nod to larger fonts, touch screens and stylized icons that appeal to our participants.

Participants can take a trip to Italy, or play a round of poker. There are programs exploring the Masters of Art from impressionism to abstract. Individualized Scripture or Prayers are available, along with calming applications of bird songs to music. Interested in the news? Check out the Newsroom. Feel like reminiscing? Let’s look at “Pastimes” and share some memories.

Participants can use the tablets independently or with a group, prompting discussion and curiosity.

Celebrating National PACE Month

ESP celebrated National PACE Month in September. This year’s theme: “Many Hands, Many Minds, ONE Goal,” recognized the role of the Interdisciplinary Teams in promoting independence for PACE participants.

-Participants and staff celebrate in Malden-

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