

Franciscan SENIOR HEALTH & WELLNESS

Program of All-Inclusive Care for the Elderly – PACE

Quality Newsletter Summer 2026



Brooke Nack, Administrative Director PACE Program, pictured with Congressman Rudy Yakym (IN-02)

ADVOCATING FOR PACE IN WASHINGTON, D.C.

On March 24, Franciscan Senior Health and Wellness participated in the National PACE Association Policy Forum on Capitol Hill in Washington, D.C. Brooke Nack, PACE administrative director, is a proud advocate for PACE and is deeply committed to protecting and strengthening the care participants rely on every day. A highlight of the trip was hearing Dr. Oz, the Centers for Medicare and Medicaid administrator, share a story about dancing with PACE participants in California during his first day in office. On the second day of the policy forum, Brooke met with decision makers in both the Senate and the House of Representatives on Capitol Hill. In these discussions, Brooke shared the real experiences of PACE participants, families, care teams and community partners to advocate for policies that strengthen PACE care delivery, support our care teams and remove barriers that affect day to day service. "As I talked with congressmen and staffers through the day, I was impressed by their enthusiasm to help more seniors connect with PACE," Brooke shared. By meeting with lawmakers and federal leaders, Brooke helped ensure that PACE is recognized not just as a healthcare program but as the best model of care to promote senior independence, dignity and quality of life. Whether in Washington, D.C., or right here in Indiana, our goal remains the same: to help seniors thrive in their communities through team-based, participant-driven care.

HIGHLIGHTING PACE QUALITY DATA

PACE quality program data for Q1 2026

	Indianapolis	Dyer	Michigan City	Lafayette
Clinical				
Immunizations	Pneumo=100% Flu=100%	Pneumo=90% Flu=97%	Pneumo=91% Flu=90%	Pneumo=100% Flu=100%
Falls without injury	68	63	21	34
Falls with injury	6	2	1	0
Emergency Dept visits	27	34	7	14
Hospitalizations	27	28	10	12
Unexpected death	0	0	0	0

PACE SPOTLIGHT: PEOPLE MAKING A DIFFERENCE AT FRANCISCAN SENIOR HEALTH & WELLNESS PACE



Meet Cynthia: PACE participant & participant advisory council member

Tell me a little bit about yourself:

I am a 70-year-old great grandmother who has lived in Michigan City for 30 years. I come to the PACE Day Center three days a week. I have been a participant at PACE for three years.

What inspired you to join the Participant Advisory Council, and how has your experience been as a member of the ACO Board of Directors?

I wanted to know as much about PACE as possible. What is their goal for the community? Being a participant in the Participant Advisory Council (PAC) and Board of Directors is interesting because I'm learning how PACE works behind the scenes.

From your perspective, how does the committee shape care or decisions at PACE?

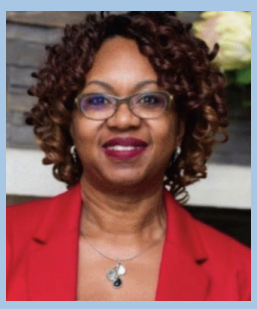
Every month, each center has a PAC meeting. It's when each participant feels free to ask questions and voice their concerns about the Centers. During the meetings, we plan activities and outings.

Can you share one way PACE has made a meaningful impact on your life?

PACE is a place where I have met and made new friends. When we go on outings together, it beats staying home and being alone! Now that I have joined PACE, I feel that I know my community better and PACE as well.

What would you like others to know about PACE?"

I call PACE a "one stop center for seniors." You can have your meds checked by the nurses. You can get help with your doctor's appointments. If you need to see a specialist, they can arrange it and provide transportation for appointments. PACE takes us to the center for our day center attendance.



Meet Jan Pegues: PACE Business Operations manager

Jan A. Pegues is the Business Operations manager for PACE, where she provides strategic leadership in operational planning, process improvement and cross departmental coordination to support high quality, person centered care. With a career in senior living that began at age 15 as a server in a skilled nursing facility, Jan brings more than three decades of experience and a deep, firsthand understanding of the aging services continuum.

For 20 years, Jan served as an Executive Director of senior living communities, leading diverse teams, overseeing daily operations and driving organizational excellence across multiple care environments. Her tenure as a senior leader strengthened her ability to guide complex operations, elevate team performance and foster vibrant, resident centered cultures. Known for her collaborative leadership style, operational insight and deep passion for service, Jan strives to create environments where both participants and staff feel supported and empowered. In her role at PACE, Jan works to improve program efficiency and adherence to CMS regulations, executes provider agreements for PACE partnerships, ensures PACE vendors and contractors meet quality and performance standards, and oversees participant enrollment and disenrollment.

KNOW YOUR NUMBER: WHAT IS AN A1C TEST?

YOUR A1C LEVEL	WHAT IT MEANS TO YOU
A1C less than 5.7%	**Normal** An A1C lower than 5.7% means you are at minimal risk for diabetes. Your average blood glucose level for the last two to three months is in the same range as someone who doesn't have diabetes.
A1C between 5.7-6.4%	**Prediabetes** If you fall within this range, it indicates prediabetes. This means you have a higher risk for developing diabetes. Your average blood glucoese levels are higher than normal, but not high enough to be diabetes.
A1C over 6.5%	**Diabetes** An average blood glucose level higher than 6.5% over two to threes months is an indicator of diabetes.

Source: What is the A1C Test? (n.d.). American Diabetes Association. Https://diabetes.org/about-diabetes/a1c

An A1C test, also called a hemoglobin A1C, measures the average amount of glucose (sugar) in your blood over the past two to three months. The result is reported as a percentage. The higher the percentage, the higher your blood glucose levels have been, on average. This test is useful for screening for prediabetes and diabetes.

The test results give you a picture of your average blood glucose (blood sugar) level over the past two to three months. The higher the levels, the greater your risk of developing diabetes complications. Studies have found higher A1C levels are associated with an increased risk of diabetes complications, such as heart problems, kidney disease and diabetic neuropathy (nerve disease).

Your PACE doctor or nurse practitioner will tell you how often you need the A1C test, but usually, if you have a diagnosis of diabetes, you will have the test at least twice a year if you are meeting your treatment goals. If you are not meeting your goals or changing treatments, you may need to get an A1C test more often. If you have prediabetes, you may only need to be tested every few years.

If you are at risk or have a diabetes diagnosis, your PACE team is here to help. It is highly recommended to meet with your PACE dietitian to lower your A1C score. Prediabetes is reversible with a healthy diet and a PACE dietitian can meet with you to provide nutrition counseling. If you have a diabetes diagnosis, your PACE PCP will work with you on medication management, a PACE dietitian will be available for nutrition counseling, and vision and podiatry exams will be recommended as needed.

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