It continues to be a great honor for me to serve as the Executive Director for PACE of the Triad. In 2016, we provided care and support to 240 participants and their families. Of that number 67 of the participants joined the PACE family in 2016. Thanks to all of you who have shared information with others in the community who need our services. We have met so many wonderful people over the past 5 years since we opened.

When I think about the start of a new year, it reminds me of walking in a house through the front door. Many of us use a door mat to “wipe our feet” to remove the grass, dirt, mud or snow that accumulates on our shoes and boots. All of the debris is left on the mat, outside of the door. As you enter the new year, I hope you will enter clean, leaving all of the challenges of 2016 behind. Leave negativity, resentment, disappointment and hurt feelings on the door mat, if those feeling exist. Go boldly through the door and welcome all that the new year can bring. New goals, new attitudes, new challenges and new and improved relationships.

Last year, the NC PACE Association filmed an information video that included PACE of the Triad participants and caregivers. In the video, Judy D. said, “What is so unique about PACE is I’ve never been in a group of people that loves you so much. They see me coming through the door. They’re already waiting, for me, at the door.” Although Judy was referring to the physical door entrance of PACE, it also relates to the thought of moving forward in the new year and PACE of the Triad being part of that movement.

We are looking forward to continuing to serve as your partner in care. If you have any questions or concerns, please do not hesitate to contact us.

Ursula Robinson, LCSW, MHA
Executive Director
We have all heard the phrase “Of all the things I’ve lost, I miss my mind the most.” Isn’t that so true? We can usually find our keys. Eventually. We can replace a glove. We can build our arm muscles back up if we let them get flabby. But, brain function is different.

While there are some medical conditions that rob us of our brain strength, we do not have to accept losing brain strength as we age. Try doing one of these activities EVERY day to keep your mind as strong as it can be.

1. Use your five senses in an unpredictable way. This will give the brain flexibility by creating new connections and stimulating the brain to grow more cells and pathways.
   - Close your eyes while you brush your teeth
   - Play charades
   - Listen to music with your eyes closed

2. Change your habits to stimulate different parts of your brain to work harder than when doing things in the usual way.
   - Eat with your non-dominant hand
   - Work a puzzle in a different way
   - Sit at a different seat at PACE to see things from a different place and to talk with different people

3. Play brain games that exercise different parts of your brain.
   - Scrabble
   - Crossword puzzles and word searches
   - Memory games

4. Exercise your body to improve circulation of blood and oxygen to your brain. Some exercises even promote brain communication from one side of the brain to the other.
   - Walking
   - Nu-Step machine at PACE
   - Chair exercises at PACE

Let’s keep strong—in body and mind.
Over the Counter Medicines: Do's and Don'ts

This time of year, many people get minor illnesses such as colds, coughs and sore throats. If you have been to the drug store lately, you will see a huge variety of over-the-counter (OTC) cold medicines. How do you choose which one to take?

The first thing to know is that none of them will make you better or prevent an illness from getting worse. All that they may do is make you feel better, temporarily. They may even make you feel worse and may cause other problems.

For almost everyone, acetaminophen (Tylenol) and guaifenesin (plain Robitussin or Tussin) are safe. Other OTCs may be fine but check with your doctor first.

It is perfectly fine to not take any of these medications. Drinking hot herbal tea and just using tissues to blow your nose is a fine option. That’s what I do! Please let me know if you have any questions about OTC cold medication or any other concerns.
**Caregiver’s Corner**

**Winter Caregiver Retreat**  
**January 20, 2017, 10:00 a.m. - 3:00 p.m.**  
The Lusk Center, 2501 Summit Ave.  
Greensboro 27405  
Sponsored by Adult Center for Enrichment.  
Call 336-274-3559 to RSVP.

**COAACH Lunch & Learn**  
**February 2, 2017, Noon – 1:30 p.m.**  
2105 Yanceyville St., Greensboro 27405  
Sponsored by North Carolina A&T State University Center for Outreach in Alzheimer’s, Aging and Community Health.  
Call 336-285-2160 to RSVP.

**Reminders**

- If you need medicine while at PACE, ask for it and the medication nurse will give it to you. Don’t bring medicines from home to take at PACE as regulations do not allow participants to take their own medicines while at PACE.

- Please leave anything you do not need at home. This will help some of our space concerns and protect you from loss of your valuables.

- Make sure you label everything you bring to PACE, especially coats, gloves, hats and other items that you do not wear all day.

- If the weather forecast includes snow or ice, call the PACE weather line after 6 a.m. to see if PACE is open that day 336-550-4150. Call the regular PACE number for medical needs or transporation changes.

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**PACE Contributes to Operation Bedroll – Part I**

PACE participants have found a place to give back to the community in Operation Bedroll, sponsored by the City of Greensboro. The project has two main purposes: to provide crocheted sleep mats for people living with homelessness AND to recycle plastic grocery bags without jamming recycling equipment. PACE has partnered with First Christian Church (Disciples of Christ) of Greensboro to make bedrolls. PACE staff and the church collect plastic bags. PACE participants cut the bags into strips, and make plastic yarn (PLARN) by looping the strips together. The PLARN is rolled into balls and donated to the church. Members are crocheting the PLARN into light-weight, waterproof, padded mats that will be given to those living with homelessness. The mats provide an extra barrier from the cold and dampness of the bare ground.

Thanks to those who contributed bags, cut strips, looped and rolled PLARN. This is another way we are ALL working together to make a difference in our community. Read the February 2017 At My PACE newsletter for Part II of this article.

For more information on Operation Bedroll, go the WFMY-TV website. Click on the news tab, community tab and plastic bags or type these character in your web browser:  