Your 2020 Vision

Happy New Year and happy start to a great year. How do I know this year will be great for you? Well, a lot depends on your 2020 vision. I'm not talking about your eyesight. I am referring to the plan that you have for yourself. What do you see yourself doing? How do you imagine yourself feeling? What do you expect will change? Are your expectations positive or negative? Studies have shown that positive thoughts and expectations can improve emotional and physical health. Why not give it a try? Join me and take the 2020 vision challenge!

2020 Vision Challenge

1. Start your day with a few minutes of gratitude.
2. Set a goal. Then, imagine yourself reaching the goal.
3. Do at least one thing daily to help reach your goal(s).
4. Give one honest, heart-felt compliment to someone.

I hope you will share your successes with members of your PACE care team. Good luck!

Reminders:

- Call the Weather Line number for PACE closure announcements when snow or ice is in the forecast. The recorded message will be available after 6:00 am. Listen to the full message, as it does change. The number is 336-550-4150.

- Tell us as soon as possible about PACE center attendance or appointment cancellations. This helps avoid an unnecessary trip to your home.
Medical Minute – Over the Counter Medicine

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 variety of over-the-counter (OTC) cold medicines. How do you choose which one to take?

The first thing to know is 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 provider 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.

Dr. Robert Koehler  
Medical Director and Physician

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Let’s Make 2020 A Year Without a Fall

Your PACE care team partners with you to create a plan of care to keep you as healthy and safe as possible. One area of focus is falls. Why is preventing falls so important? Well, falls have caused bruises, broken bones and more serious injuries.

We help prevent falls by keeping walkways clear and providing other support while you are at the PACE center. When you are at home, our Home Care Coordinator nurses and other team members offer suggestions on preventing falls and keeping your home safe. Here are a few tips:

- Remove throw rugs.
- Increase the lighting in your home. As you get older, you need brighter lights to see better.
- Remove glare from windows by using light-weight curtains or shades.
- Install and use handrails on stairs inside and outside of the home. If you need assistance with handrails, let us know.
- Keep frequently used items on counters or on low shelves in cabinets. Overextending or reaching can cause you to lose your balance.
- Remove floor clutter such as books, shoes and clothing.

Remember to call PACE if you fall!

Falls Committee

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Caregiver Corner

Caregiver Lunch and Learn:  
Medical Acronyms – Elder and Wiser  
January 17, 2019, 12:30 p.m. – 1:30 p.m.  
Senior Resources of Guilford (lower level)  
1401 Benjamin Parkway, Greensboro, NC 27408  
Call 336-373-4816 ext. 240 to RSVP for lunch.
What to Expect from PACE: Participant and Caregiver Expectations VS. What Really Happens

Most new participants and their caregivers are thrilled to become part of PACE. So much is offered to make life easier, healthier and safer. It often feels like the way to make the dream of staying at home come true! It’s easy to join PACE with expectations that are above and beyond what is provided. The goal of PACE is to work together with participants and caregivers to provide the best care for each participant. In order to do that, participants and caregivers need to know what to really expect. Listed below are common expectations in **bold** and what happens at PACE.

**Participant and Caregiver Expectations**

→ **What Really Happens**

**PACE will take over all aspects of care for the participant.**

→ The PACE team will help plan for care and provide medical care and assistance. PACE can provide services that supplement what caregivers provide, but PACE is not a substitute caregiver. Caregivers need to continue providing care and support. They need to have a Plan B for days when the Center is closed, or the home care aide doesn’t come as scheduled.

**The participant will get to come to PACE every day or any day that he/she chooses.**

→ The PACE team considers the participant’s desired attendance schedule. The decision is also based on needs and changes in condition. The Team needs time to make changes in Center attendance. They will consider additional days or schedule changes with advance notice.

**PACE pays for gym memberships.**

→ PACE provides exercise at the Center and does not pay for additional gym memberships. If the participant wants to go to the gym, they may do that on their own.

**All participants get the same care and services.**

→ Care, services and medical equipment is coordinated for each participant to meet their individual needs. For example, if a friend at the Center gets a new walker, it doesn’t mean you will receive one.

**Once home care aides are approved, they will start the next day, come every day and always on time.**

→ Home care aides may take a while to start for many reasons. A nurse from the agency is required to make a home visit first. Make sure to accept phone calls while you are waiting and schedule a time for the visit. Once home care aides begin, they may or may not be there at every scheduled time. You must have a Plan B to meet the needs if the aide does not arrive. If this happens, please let us know.

**Drivers come in the home and help the participant get out of the house and into the van.**

→ Our drivers can come to the door but not inside the door. The participant needs to be able to get to the door by themselves or have help from a caregiver or home care aide.

**The participant will get quality, person-centered care from an Interdisciplinary Team to keep them safely at home.**

→ That is a big expectation and exactly what we strive to deliver!

If you have questions about these expectations, please talk with one of your team members.

Ellen Smith, RN
Professional Development &
Special Projects Coordinator