According to the calendar, fall is here. So far, we have enjoyed a beautiful, sunny start to the season with low humidity and clear skies. We all know the weather will eventually change and many of us have already started planning. It is our wisdom and past experiences that prompt us to plan for things that will happen and things that could happen. At PACE of the Triad, we prepare for both.

**Things that will happen include:**

- A change to a new pharmacy, CareKinesis which will provide medication in special bubble packaging. The packaging referred to as the MAC (medication adherence card) pack card is labeled and color coded with the date and time the medicine should be taken. Participants will receive new PACE insurance cards in the mail. Participants are encouraged to return the old card to the PACE Center to earn PACE points for the PACE store. We have presented this information in the PACE Center, educated participants and caregivers by phone and in person and distributed information by mail.

- Renovation of 9,000 sq.ft. of space in the shopping center beside the PACE building has already begun. There should be no disruption of services or PACE Center attendance.

**Things that could happen include:**

- Emergencies, either weather related like an ice storm, hurricane or other types of emergencies could happen. We have regular practice including fire and tornado drills at PACE so participants are aware of what to do. PACE staff are trained and work closely with fire, police and emergency preparedness officials to prepare for emergency situations. We also provide instruction and materials to participants and caregivers about emergency preparedness and safety.

*Continued on reverse*
The PACE Team

You may often hear PACE staff refer to the PACE team. The Interdisciplinary Team (IDT) includes physicians, nurses, social workers, rehab professionals, CNAs, dietitians and activity, transportation and pharmacy staff all working together to support the care needs of PACE participants. We meet daily to discuss changes in participant care or medical condition, along with other information. The team formally reviews each participant’s plan of care every 6 months or more to discuss medications, improvements, challenges and other aspects of care.

The most important member of the PACE team is you! We refer to members of the PACE program as “participants” to emphasize your involvement in decisions. Participants and caregivers are encouraged to attend care planning meetings to contribute to the discussion and share feedback.

When the PACE team (including you and the caregiver) makes decisions, it is important for everyone to follow through and do his or her part. Your part may be taking medications regularly, participating in rehab and attending scheduled appointments. If medications are not being taken as prescribed, tell us so we can help. Maybe adjustments need to be made. If caregivers are unable to attend scheduled appointments, please contact PACE immediately. The appointment may need to be rescheduled at a time in which the caregiver can attend.

The PACE team partners with you to keep you as safe and healthy as possible. The whole concept of the PACE program is based on the team working together to make decisions. This is the framework for what we do. We are all players on the same team, your team, the PACE team! Team work makes the dream work!
COAACH Lunch & Learn
Center for Outreach in Alzheimers, Aging and Community Health
October 5, 2017, Noon – 1:30 pm
2105 Yanceyville St., Greensboro 27405
Call 336-285-2160 to register.

Will Your POA be DOA?
October 17, 2017, 10:30 am – 12 noon
The Elderlaw Firm
403 W. Fisher Ave., Greensboro, NC 27401
Call 336-274-3559 to register.

Fall Festival
October 20, 2017, 9:30 am – 3:00 pm
Emmanuel Senior Enrichment Center
1401 Healthcliff Rd., High Point 27262
Call 336-882-6613 for more information.

Living Well with Chronic Illness
October 24, 2017, 10:30 am – 12 noon
The Lusk Center, 2501 Summit Ave.
Greensboro, NC 28405

Friends Against Fraud
October 27, 2017, 11:30 am – 1:30 pm
Lunch Provided
First Baptist Church
1000 W. Friendly Ave., Greensboro, NC 27410
Call 336-274-3559 to register.

Caregiver Education Conference
October 28, 2017, 9:00 am – 3:00 pm
NC A & T State University – Alumni Center
200 North Benbow Rd., Greensboro 27411
Registration is required. Call 336-285-2160.

Caregivers Connections Expo
November 10, 2017, 10:00 am – 3:00 pm
First Baptist Church of Greensboro
1000 W. Friendly Ave.
Greensboro, NC 27410
Call 336-274-3559 to register.

October is "Flu Shot Month" here at PACE. We will begin immunizing all of our participants and staff against influenza. This is something that I feel very strongly about, but why?

"Flu" is short for Influenza. Many people believe that the flu is just a cold. In truth, the flu kills! For example, in the winter of 1918-1919, the flu killed 20 million people worldwide. That's more people that died in World War I!

On average, between 20,000 and 50,000 Americans die every year from the flu. Who are these people? Well, they are typically someone older with serious medical problems. When a healthy young person gets the flu, they may feel like they might die but they usually don't. When an older or chronically ill person gets the flu, they often will die. The flu shot is your best protection against this killer.

This year, we will immunize 100% of our staff against the flu. This prevents our staff from giving the flu to our fragile participants. We want 100% of our participants to get the flu shot as well. So, when the nurse tells you it is time for your flu shot, say, "Yes and thank you!"