What’s Your Plan?

Ursula Robinson, LCSW, MHA
Executive Director

There is one thing that is certain in North Carolina; the weather will eventually change. We have been fortunate this hurricane season to have avoided excessive rain, threats of tornados and floods. Throughout the year we have regular practice including fire and tornado drills so participants are aware of what to do here at the PACE Center. Staff are trained and work closely with fire, police and others to plan and prepare for emergency situations. We have learned from past weather challenges, including those with snow and ice, that early planning is very important.

President John F. Kennedy said, “The time to repair the roof is when the sun is shining.” The best time to plan for bad weather is before the need arises. I encourage you to create an emergency kit with basic items such as a flashlight, water, tools and other items. More importantly, connect with family, friends, neighbors or others who can provide support, especially if we are closed due to weather or poor road conditions. Don’t wait until a storm has caused a power outage or roads are unsafe. Call and connect with others now so you will know who is willing to help and how they can help. An overnight stay, meal or grocery delivery or ice removal from a walkway could make a big difference.

In addition to planning for weather changes, you should also plan for other care situations. For example, if the personal care aide is sick and unable to come to your home, what is your plan? If transportation is delayed due to an accident on the highway and your loved one cannot be left alone, what is your plan? It is always important for caregivers to have a backup plan and several phone numbers of other family, friends and neighbors who you can trust.

In September, we celebrated the 100th birthday of Lucreta “Mrs. Creedie” Goins. She is pictured with her daughter-in-law, Wilma. All birthdays are important, but Reaching 100 years is an incredible milestone. Congratulations Mrs. Creedie!

Continued on reverse
Flu Shot Time

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 world-wide. 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!"

Ursula

Upcoming PACE Closures

Thanksgiving Day
November 28, 2019

Christmas Day
December 25, 2019

New Year’s Day
January 1, 2020

Dr. Robert Koehler
Physician and Medical Director
Scam Alert - I

There are people in the world who will take your money. Of course, that isn’t a news flash. This is advice that parents and grandparents have been saying for years. So why are millions of older adults being scammed every year in every city and small town in the country? Well, scams are often unreported. The older adult may be embarrassed, or the scammer may be someone that he or she knows personally like a relative, friend or neighbor.

Scams don’t just happen when a person is rich or has retirement savings. It can happen to any person, any age with any amount of money in the bank or stored in the sock drawer.

Periodically we will spotlight a scam in the newsletter to increase your awareness to help you protect yourself.

Phone Scams

Having phone ID or the ability to see the phone number that is calling you is no defense from a telephone scammer. Scammers are using technology that allows them to display any phone number or name they choose. For example, the number may look like a number you recognize. Or, it may say credit department or show the name of a telephone company such as AT&T or Verizon. It could even show your name, as if you are calling yourself! This is called spoofing. A hacker or scammer impersonates a phone number or misrepresents a person or company. If you see your name or your number or the display, this is a scam. It is best to end the phone call, especially if it begins with a recorded message.

If someone is selling something or asking for donations, be very cautious. If you allow them to send you something in the mail, there is still no guarantee that it is a legitimate company or charity. This often occurs after natural disasters such as hurricanes and floods. Support or donate to a charity when you choose by making a direct contact at a verified phone number or address.

Caregiver Events

Caregiver Encounter Group
October 10, 2019, 6:00 p.m. – 7:30 p.m.
Mount Zion Baptist Church (Library)
1301 Alamance Church Rd., Greensboro, NC 27406. RSVP to 336-373-4248.

Dementia Dialogues
October 16 – November 13, 2019, 10:30 a.m. – noon - 5 sessions (Wednesdays)
Well-Spring Group, 3859 Battleground Ave.,
Greensboro NC 27410
Sponsored by Well-Spring Solutions.
Call 336-274-3559 to register.

Powerful Tools for Caregivers
October 14 – November 18, 2019, 11:30 a.m. – 1:30 p.m. – 6 sessions (Mondays)
Mount Zion Baptist Church
1301 Alamance Church Rd., Greensboro, NC 27406. Call 336-373-4816 to register.

Join the PACE Walk Team
Walk to End Alzheimer’s – Greensboro
October 19, 2019, 9:00 a.m
LeBauer Park, 208 N Davie St.,
Greensboro, NC 27401
Call 336-550-4040 for details

Caregiver Connections Expo
November 7, 2019, 10:00 a.m. – 2:00 p.m.
First Presbyterian Church, 617 N. Elm St.,
Greensboro, NC 27401
Sponsored by Well-Spring Solutions.
Call 336-274-3559 to register.

Creative Connections Art Camp for Caregivers and Loved Ones with Dementia
November 15, 2019, 10:00 a.m. and
November 16, 2019, 3:00 p.m. ($5.00)
Creative Aging Network - NC, Bell Campus
2400 Summit Ave., Greensboro, NC 27405
Call 336-253-0856.