At My PACE

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Weather Closures 336-550-4150

At My PACE is a publication for PACE participants and their families/caregivers.

PACE of the Triad
Member Organizations
Well ● Spring Services
Cone Health
Advanced Home Care
Hospice and Palliative Care of Greensboro

PACE Closures
November 23, 2017 Thanksgiving Day
December 25, 2017 Christmas Day
January 1, 2018 New Year’s Day

Nedra Baldwin, Editor

Thank You Caregivers!

Ursula Robinson, LCSW, MHA
Executive Director

I am so excited to announce very deserving recognition received by Jessie Floyd, a PACE caregiver. Jessie was nominated for the Triad Retirement Living Association’s Elder Caregiver of the Year award for the care and support he provides to his mother, a PACE participant. Jessie has been the primary caregiver for his mother since she was diagnosed with dementia at age 59 and his autistic brother. There were nearly 30 caregivers throughout the Triad area nominated to receive the award. Jessie was named first runner up and was formally recognized at the TRLA Elder Caregiver Awards luncheon last month. We congratulate Jessie and salute him and other PACE caregivers for their dedication.

November is National Family Caregivers month. This year’s theme is “Caregiving Around the Clock.” According to AARP.org, there are 40 million family caregivers across the country. Former first lady Roslyn Carter once said, “There are only four kinds of people in this world. Those who have been caregivers, those who are caregivers, those who will be caregivers and those who will need caregivers.”

Unfortunately, many caregivers lack the support of programs like PACE. We not only understand the challenges of caregiving, but provide care and services such as an adult day health center, transportation and personal care for those who qualify. If you know of someone who is caring for an older adult and could benefit from PACE support, please encourage him or her to contact us.

On behalf of the entire PACE team, thank you PACE caregivers for all that you do. Know that your efforts do not go unnoticed and it is an honor to partner with you to provide care for your loved one.

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With the holidays quickly approaching, I’d like to offer a few quick tips:

1. Keep it simple and accept that you cannot do it all. So often we overbook our schedules which lead to frustration and disappointment. Remember, caregiving always works best if routines stay the same.

2. Plan, prepare and then plan some more. Emergencies big and small do happen when you least expect it. Create a backup of plan and reach out to family, friends and others who have pledged or offered support in the past. Many times, people are willing to help, if asked.

3. Take care of yourself. Don’t forget to stay hydrated, eat and rest whenever you can. Keep your own doctor’s appointments and again, ask for help.

Here are a couple of reminders:

- The next Participant Advisory Committee meeting is November 9, 2017, 1:00 pm at PACE. Family caregivers are encouraged to attend.

- PACE is closed November 23, 2017 for Thanksgiving. If you do not plan to attend the PACE Center before or after the holiday, please call us so we can cancel transportation.

Ursula

Travel the US @ PACE - Arizona

Next stop, Arizona! How is the weather? Where is the best place to visit? This month you will learn about the history and culture including food, music and fun facts. Don’t miss your travel photo. Enjoy the ride!

Stacy Currier
Activities Coordinator

From Joe’s Desk

Joe Stanley
Center Manager

We Are Growing!

PACE of the Triad continues to grow and grow. As of October 1, 2017, there are 202 participants in the program! We are very thankful to be able to provide care and support services to even more older adults in Guilford and Rockingham counties.

In addition to participants, we have also added several new PACE team members. In the past two months we have added a driver, CNAs and administrative support staff.

If you have been with us over a year, you know that with growth comes change. We have recently rearranged the tables in the day center to accommodate the increase in attendance. I know many of you are accustomed to sitting in the same area with familiar faces. There may be new or different participants seated at your table. You may notice new participants on your van. Your van may take a different route to pick up new participants. Please take the time to say hello to new participants and staff. Do you remember when you first joined PACE? It is always nice to have friendly, welcoming smiles nearby.

In addition to growing in numbers of participants, we are also growing our space. We have already started renovating 9,000 sq. ft. of additional space beside us in the shopping center. The renovation will provide more space in the day center, clinic and therapy areas. We are really excited about the growth. We look forward to enjoying this new space with you and will keep you informed on the progress.

Holiday plans?
Call PACE to cancel transportation if you are not attending the day center.
336-550-4040
Caregiver’s Corner

COAAC Lunch & Learn
Center for Outreach in Alzheimers, Aging and Community Health
November 2, 2017, Noon – 1:30 pm
2105 Yanceyville St., Greensboro 27405
Call 336-285-2160 to register.

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 Well-Spring Solutions at 336-274-3559 to register.

Paint the Landscape with Creative Aging Network – NC
December 8, 2017, 1:00 pm – 3:00 pm
Heritage Greens, 801 Meadowview St.
Greensboro, NC 27408
Call Well-Springs Solution at 336-274-3559 to register.

Welcome New PACE Faces

Quanda Fisher-Jones
Executive Administrative Asst.

Portia Montague
Certified Nursing Asst.

Patricia Williams, RN, BSN, MHA
Clinic Nurse

Medical Minute with Dr. K

Dr. Robert Koehler
Medical Director and Physician

This time of year, many people get minor illnesses such as colds, coughs and sore throats. If you have been to a 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 cause other problems.

For almost everyone, acetaminophen (Tylenol) and guaifenesin (plain Robitussin or Tussin) are safe. Also, if you take any other prescribed medicines, it is very important that you consult with your doctor first. This will limit complications.

Always use caution when taking any OTC drugs. Some formulas could include alcohol and other substances that could be dangerous, especially while taking other medications.

Remember, it is perfectly fine to not take any of OTC medications for colds, cough or sore throat care. Drinking hot herbal tea and just using tissue to blow your nose is a good option. That’s what I do! Please let me know if you have any questions.

Thank You PACE Vets!

November 10, 2017