November is National Family Caregiver month. The annual observance is a time to recognize the challenges that family caregivers often face. We are grateful for the partnerships we have with PACE family caregivers and commend you for all that you do. Here are a few tips from the Caregiver Action Network website that you might find helpful:

- Seek support from other caregivers. You are not alone!
- Take care of your own health so that you can be strong enough to take care of your loved one.
- Accept offers of help and suggest specific things people can do to help you.
- Take the time to communicate needs clearly with doctors.
- Caregiving is hard work so take respite breaks often.
- Watch out for signs of depression and don’t delay getting professional help when you need it.
- Be open to new technologies that can help you care for your loved one.
- Organize medical information so it’s up to date and easy to find.
- Make sure legal documents are in order.
- Give yourself credit for doing the best you can doing one of the toughest jobs there is!

I’d like to take a moment to welcome our new Adult Day Health Coordinator, Tykiesha Wilson. Tykiesha has been a nurse for 17 years. She has obtained advanced degrees and training in nursing and health administration. Prior to joining PACE, she served as director of nursing, clinical supervisor, charge nurse, clinical instructor and medical coder in a variety of settings including the hospital, home health, long term care and hospice. It will take her a few weeks to learn everyone’s names, so be patient. She is excited to be part of your care team!
Continued

We did not produce an October At My PACE newsletter if you were wondering if you missed it. Past copies of the newsletter, activity calendars, therapy calendar and menu are posted on the PACE of the Triad website under the Caregiver tab. We will be conduct a survey at the PACE center and by mail for your feedback on the newsletter and how often it is produced.

The date of the Participant Advisory Committee meeting was changed to November 14, 2018 at 2:00 p.m. Family caregivers are encouraged to attend. The 2019 schedule will be published in the January newsletter.

It is hard to believe that we are transitioning to yet another season. The leaves are turning beautiful colors of orange, red and yellow. With cooler temperatures both day and evening, sweaters, blankets and hats are making regular appearances.

There are other seasons of change that are upon us. We are maturing as an organization. With 7 years under our belt, we have met and provided care for many wonderful people. We have shared our knowledge, but more importantly, we have learned so much from participants and family caregivers. Now with our renovations complete and additional space, we can provide medical care and support to other older adults in our community who need us. We hope that you will continue to tell family, friends, co-workers and others about PACE services. We don’t have a waiting list for any of our services.

Remember, anyone who contacts PACE and provides your name as the reference, will earn 100 PACE points for the PACE participant to spend in the PACE store. We have Refer-A-Friend cards in the lobby that may be used as well. Thank you for your support of our season of growth as we strive to provide access to PACE services to those who qualify for and need services.

Have a happy Thanksgiving!

Ursula

From Joe’s Desk

Emergency Preparedness – Hurricanes, Snow, Ice and More

Hurricanes Florence and Michael came through North Carolina and caused tremendous damage and flooding, especially near the coast. The Triad area was hit more severely by Michael with excessive rain, area flooding, high winds, downed trees and power outages. Unfortunately, several PACE families suffered damage to their homes. The PACE facility was forced to close for 1 1/2 days due to power outage but there was no structural damage.

I want to take a minute to ask the question: What did we learn from both experiences? You will be glad to know that PACE of the Triad had already created an Emergency Preparedness Plan several months ago. The plan meets Federal and State requirements and recommendations. In the event of a true emergency, we would coordinate participant care with city, county, state and federal emergency response networks as needed.

When we decide to open, but not transport or close early/delay opening, participant and staff safety is our primary concern. With hurricane Florence, there were a few days of prior notice that allowed us to communicate throughout the week with participants, families and caregivers. Scheduled deliveries of medications and medical supplies were changed to avoid potential disruptions. Participants using oxygen had back up tanks in case of power outages. We spoke with participants, families and caregivers to confirm that they were making emergency preparations, including having adequate food and water available. We checked to make sure participants had somewhere to go and someone to call in case the storm became severe.

For hurricane Michael, the preparation time was much shorter. Our medical staff made numerous phone calls and some visits prior to the weather change. Participants who attended the PACE Center were safely transported home.

PACE maintains a 24-hour On Call telephone service where our nurses and physicians are available to respond to medical concerns.

What we learned is that participants, caregivers and PACE staff, working together as partners, can prepare for and get through a difficult week and weekend. We can take the lessons we learned – always being prepared, maintaining communication, making safe decisions, trusting in your families and caregivers - and apply those lessons to every weekend and more importantly, as we prepare for the winter season of snow and ice to come.

Joe Stanley, Center Manager
**Medical Minute with Dr. Koehler**

**Dr. Robert Koehler**  
Medical Director and Physician

Flu season is here! (September – May 2019) Last month, we immunized 100% PACE staff against the flu. We also offered flu shots to all eligible participants.

Preventing the flu 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, a hundred years ago 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, it can be fatal.

The flu shot is the best protection against this killer. The Centers for Disease Control recommends the following tips:

- Avoid close contact with people who are sick
- Stay home when you are sick.
- Cover your mouth and nose when coughing and sneezing.
- Clean your hands.
- Avoid touching your eyes, nose or mouth.
- Clean and disinfect frequently touched surfaces in the home.
- Get plenty of sleep and manage your stress.
- Be physically active, drink plenty of fluids and eat nutritious food.

Resource: Centers for Disease Control  
https://www.cdc.gov/flu/protect/habits/index.htm

---

**What is a PACE Buddy?**

Adria Smith, Quality Coordinator

Do you remember when you first joined PACE? The first few days attending the adult day health center may have been intimidating. New faces and a new schedule can be overwhelming for a new person. Although there are plenty of smiles at the PACE center, it can be hard for a new person, especially for those of us who are a little shy. To help with the transition to PACE, we are pleased to announce the start of the Buddy System, a new program at PACE!

What is the Buddy System? The Buddy System will connect current participants with new participants to help them become more familiar with the PACE center. Members of the Buddy Team will get to know the new participant and introduce him or her to others in the day center. The Buddy System will also be a great way for our new participants to start the program with a friend!

Current participants who have volunteered to serve as ‘Buddies’ will meet with PACE staff each month to get basic, non-health related information on new enrollees. The Buddies will receive other training to boost communication and customer service skills. Buddies will be eligible to serve for 6 months. The first group will help through the spring of 2019. We will begin the process for looking for new Buddies in February of 2019.

Please join us in honoring our founding members of the Buddy System (in alphabetical order by first name): Annie Springs, Curtis McDonald, Doug McCoy and Melanie Stapleton!
Ask the Dietitian

Leanne Cantrell, MS, RD, LDN
Dietitian

What is a Healthy Body Weight as You Get Older?

This is the second of a 3-part column that will appear in the At My PACE Newsletter. View Part I of the article in the September newsletter on the PACE website.

A good indicator of a healthy body weight is your body mass index, or BMI. BMI is a calculation that uses your height and weight to estimate how much body fat you have. If you are under the age 65, a healthy BMI is roughly in the range of 19 to 25. For those 65 years or older, the BMI range goes up. A BMI for these individuals is in the range of 23 to 30. Woohoo – finally a benefit for being older! Studies indicate that a higher BMI (within healthy range) is a protective factor in older adults (over 65) against falls/fractures and medical issues that may require hospitalization. A few extra pounds in these cases can better cushion aging bones and provide a source of stored energy in the event of an illness and decreased food intake.

Keep in mind that BMI isn't perfect and not always the best indicator for everyone. If you have questions, talk to me – your PACE dietitian.

Welcome New PACE Faces

Angeline Little, CNA
Certified Nursing Asst.

Kayla Marple, LRT/CTRS
Recreational Therapist

PARTICIPANT ADVISORY COMMITTEE MEETING

November 14, 2018 – 2:00 p.m.
(date change)

The Participant Advisory Committee (PAC) meets quarterly to share feedback with Steve Fleming, Board Chairperson and Ursula Robinson, Executive Director. Family caregivers are encouraged to attend.
Caregiver’s Corner

Powerful Tools for Caregivers
November 2, 9, 16, 30 and December 7, 14, 2018 10:00 a.m. to noon
Senior Resources of Guilford, 1401 Benjamin Parkway, Greensboro, NC 27408
Contact Mikayla Tate at Senior Resources of Guilford at (336) 373-4816. Registration is required.

Friends Against Fraud – Lunch and Learn
November 8, 2018, 11:30 a.m. – 1:30 p.m.
Mount Zion Baptist Church, 1301 Alamance Church Rd., Greensboro 27406

Lunch and Learn
Forgetfulness – What’s Normal and What’s Not
November 14, 2018, Noon – 1:30 p.m.
Jewish Family Services, 5509-C W. Friendly Ave. Greensboro, NC 27410
Sponsored by Well-Spring Solutions. Call 336-274-3559 to register.

Lunch and Learn
Understanding Long-term Care Medicaid with an Elderlaw Attorney
November 15, 2018, noon – 1:00 p.m.
PACE of the Triad, 1471 E. Cone Blvd. Greensboro, NC 27405
Call 336-550-4040 to register.

Caregiver Connections Expo
November 17, 2018, 10:00 am – 2:00 pm
Senior Resources of Guilford
1401 Benjamin Parkway, Greensboro, NC 27410
Sponsored by Senior Resources of Guilford and Well-Spring Solutions. Call 336-274-3559 to register.

Friends Against Fraud – Lunch and Learn
November 27, 2018, 11:30 a.m. – 1:30 p.m.
Christ United Methodist Church, 1301 Alamance Church Rd., Greensboro 27406
Sponsored by Junior League of Greensboro, Corporation of Guardianship and AARP. Call 336-497-5615 to register.

Holiday Lunch for Family Caregivers
December 6, 2018, 11:30 a.m. – 1:00 p.m.
Paul J. Ciener Botanical Garden, 215 S. Main St. Kernersville, NC 27284
Sponsored by Well-Spring Solutions. Call 336-274-3559 to register.

Important Reminders!

• Please limit the personal belongings brought to PACE. There isn’t enough space in the vans for multiple bags of items brought to the PACE Center. There is less chance you will lose something if you don’t bring it to PACE.

• Thanks for being flexible and trying the new seating arrangements. Remember, nobody has assigned seating at PACE and everyone gets a chance to change where they sit from time to time. If you have trouble finding a seat, please ask any staff member in the day center.

• Label, label, label your coats, hats, gloves, scarves and sweaters. It is amazing how similar these items look when they are left or dropped on the van. Labeling helps us get the items back to the owner.

After-Hours Calls to PACE

When the PACE Center is closed after 5:00 pm and on Saturdays and Sundays, and you have a medical concern, call the PACE number: 336-550-4040. The automated system may answer the call. Press 1 to reach the On-call nurse. If the nurse is on another call, leave a detailed message with the best number to return the call. We would like to keep the on-call nurse line open for medical emergencies and concerns only so only press 1 for medical needs.

For cancellations of transportation or adult day health attendance, press 2 and leave your name and message to cancel transportation. For all other matters, press 3 and leave a detailed message. Your call will be returned on the next business day.
# THE HONEYBEE ROOM

**Daily Schedule**
- 8:00 Morning Snack
- 9:30 MIM: Exercise
- 10:00 Group Activities
- 11:00 Relax and Chat
- 11:30 Lunch
- 12:30 Group Activities
- 2:00 Afternoon Snack
- 2:30 Group Activity

*Activities Are Subject to Change*

## NOVEMBER 2018

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 Name That Game!</td>
<td>10:00 Guess the Year</td>
<td>10:15 Morning BINGO!!</td>
<td>10:00 Welcome to November</td>
<td>10:00 Guess Who Trivia</td>
</tr>
<tr>
<td>12:30 PACE STORE</td>
<td>12:30 Autumn Collage</td>
<td>12:30 BINGO!!</td>
<td>12:30 Game Hour</td>
<td>12:30 BINGO!!</td>
</tr>
<tr>
<td>12:30 Puzzles for Points</td>
<td>3:00 Balloon Toss</td>
<td>1:30 Cinema Sensations</td>
<td>1:30 Cinema Sensations</td>
<td>12:30 Puzzles for Points</td>
</tr>
<tr>
<td>2:30 Seek and Find</td>
<td>2:30 Sing–A–Longs</td>
<td>3:00 Trivia Time!</td>
<td>2:30 Stretching It Out</td>
<td>2:30 Turkey Ticklers</td>
</tr>
</tbody>
</table>

**Capture the Turkey Bandit**
- 9:30 MIM: Exercise
- 10:00 Welcome to November
- 12:30 Game Hour
- 1:30 Cinema Sensations
- 3:00 Trivia Time!

**The Turkey Bandit**
- 9:30 MIM: Exercise
- 10:00 Welcome to November
- 12:30 Game Hour
- 1:30 Cinema Sensations
- 3:00 Trivia Time!
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NOVEMBER 2018</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mon Schedule</strong></td>
<td><strong>Tue Schedule</strong></td>
<td><strong>Wed Schedule</strong></td>
<td><strong>Thu Schedule</strong></td>
<td><strong>Fri Schedule</strong></td>
</tr>
<tr>
<td>10:00 Mindful Activity</td>
<td>10:00 Hidden Object</td>
<td>10:00 Do you Recall?</td>
<td>10:00 Spiritual Study</td>
<td>10:00 Special Presentation</td>
</tr>
<tr>
<td>12:30 Physical Play Activity</td>
<td>12:30 PACE Choir Practice</td>
<td>12:30 Sit and Be Fit</td>
<td>12:30 Mindful Movement</td>
<td>12:30 Ball Toss</td>
</tr>
<tr>
<td>&amp; Clubs</td>
<td>12:30 Backyard Games</td>
<td>12:30 Jazzy Jewelry Club</td>
<td>12:30 Mindful Movement</td>
<td>12:30 Three of a Kind</td>
</tr>
<tr>
<td><em>Activities Subject to Change</em></td>
<td>1:30 Conversation Starters</td>
<td>1:30 Remember When?</td>
<td>1:30 Finish the Phrase</td>
<td></td>
</tr>
<tr>
<td><strong>THE CARDINAL ROOM</strong></td>
<td><strong>Capture the Turkey Bandit</strong></td>
<td><strong>THE CARDINAL ROOM</strong></td>
<td><strong>Capture the Turkey Bandit</strong></td>
<td><strong>THE CARDINAL ROOM</strong></td>
</tr>
<tr>
<td>10:00 Remembering the Thanksgiving Table</td>
<td>10:15 BINGO IN THE HONEYBEE ROOM</td>
<td>10:15 BINGO IN THE HONEYBEE ROOM</td>
<td>10:15 BINGO IN THE HONEYBEE ROOM</td>
<td>10:15 BINGO IN THE HONEYBEE ROOM</td>
</tr>
<tr>
<td>12:30 Parachute Play</td>
<td>12:30 Reaching and Stretch</td>
<td>12:30 Reaching and Stretch</td>
<td>12:30 Reaching and Stretch</td>
<td>12:30 Reaching and Stretch</td>
</tr>
<tr>
<td>1:30 Jazzy Jewelry Club</td>
<td>1:30 Poet and Didn’t Know It</td>
<td>1:30 Poet and Didn’t Know It</td>
<td>1:30 Poet and Didn’t Know It</td>
<td>1:30 Poet and Didn’t Know It</td>
</tr>
<tr>
<td>1:30 Art Abstraction</td>
<td>1:30 Through the Seasons</td>
<td>1:30 Through the Seasons</td>
<td>1:30 Through the Seasons</td>
<td>1:30 Through the Seasons</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>10:00 Inspirational Craft</td>
<td>10:00 Inspirational Craft</td>
<td>10:30 Chair Yoga</td>
<td>10:00 Chair Yoga</td>
<td>10:00 Chair Yoga</td>
</tr>
<tr>
<td>12:30 BINGO IN THE HONEYBEE ROOM</td>
<td>12:30 BINGO IN THE HONEYBEE ROOM</td>
<td>1:30 Through the Seasons</td>
<td>1:30 Through the Seasons</td>
<td>1:30 Through the Seasons</td>
</tr>
<tr>
<td>1:30 I Can Be the Judge</td>
<td>1:30 You be the Judge</td>
<td>1:30 Through the Seasons</td>
<td>1:30 Have you Ever?</td>
<td>1:30 Have you Ever?</td>
</tr>
<tr>
<td>10:00 Special Presentation</td>
<td>10:00 Special Presentation</td>
<td>10:00 Special Presentation</td>
<td>10:00 Special Presentation</td>
<td>10:00 Special Presentation</td>
</tr>
<tr>
<td>12:30 Table Ball</td>
<td>12:30 Table Ball</td>
<td>12:30 Table Ball</td>
<td>12:30 Table Ball</td>
<td>12:30 Table Ball</td>
</tr>
<tr>
<td>1:30 Letter Assembly</td>
<td>1:30 Letter Assembly</td>
<td>1:30 Letter Assembly</td>
<td>1:30 Letter Assembly</td>
<td>1:30 Letter Assembly</td>
</tr>
<tr>
<td>10:00 Non-Dominant Hand Game</td>
<td>10:00 Non-Dominant Hand Game</td>
<td>10:00 Non-Dominant Hand Game</td>
<td>10:00 Non-Dominant Hand Game</td>
<td>10:00 Non-Dominant Hand Game</td>
</tr>
<tr>
<td>1:30 Art Abstraction</td>
<td>1:30 Art Abstraction</td>
<td>1:30 Art Abstraction</td>
<td>1:30 Art Abstraction</td>
<td>1:30 Art Abstraction</td>
</tr>
<tr>
<td>10:00 Morning Charades</td>
<td>10:00 Morning Charades</td>
<td>10:00 Morning Charades</td>
<td>10:00 Morning Charades</td>
<td>10:00 Morning Charades</td>
</tr>
<tr>
<td>12:30 Parachute Play</td>
<td>12:30 Parachute Play</td>
<td>12:30 Parachute Play</td>
<td>12:30 Parachute Play</td>
<td>12:30 Parachute Play</td>
</tr>
<tr>
<td>1:30 Current Events</td>
<td>1:30 Current Events</td>
<td>1:30 Current Events</td>
<td>1:30 Current Events</td>
<td>1:30 Current Events</td>
</tr>
<tr>
<td>10:00 Do you Recall?</td>
<td>10:00 Do you Recall?</td>
<td>10:00 Do you Recall?</td>
<td>10:00 Do you Recall?</td>
<td>10:00 Do you Recall?</td>
</tr>
<tr>
<td>12:30 Ring Toss</td>
<td>12:30 Ring Toss</td>
<td>12:30 Ring Toss</td>
<td>12:30 Ring Toss</td>
<td>12:30 Ring Toss</td>
</tr>
<tr>
<td>12:30 Jazzy Jewelry Club</td>
<td>12:30 Jazzy Jewelry Club</td>
<td>12:30 Jazzy Jewelry Club</td>
<td>12:30 Jazzy Jewelry Club</td>
<td>12:30 Jazzy Jewelry Club</td>
</tr>
<tr>
<td>1:30 Group Jigsaw Puzzle</td>
<td>1:30 Group Jigsaw Puzzle</td>
<td>1:30 Group Jigsaw Puzzle</td>
<td>1:30 Group Jigsaw Puzzle</td>
<td>1:30 Group Jigsaw Puzzle</td>
</tr>
<tr>
<td>10:00 Memory Match</td>
<td>10:00 Memory Match</td>
<td>10:00 Memory Match</td>
<td>10:00 Memory Match</td>
<td>10:00 Memory Match</td>
</tr>
<tr>
<td>12:30 Noodle Ball</td>
<td>12:30 Noodle Ball</td>
<td>12:30 Noodle Ball</td>
<td>12:30 Noodle Ball</td>
<td>12:30 Noodle Ball</td>
</tr>
<tr>
<td>1:30 Conversation Starters</td>
<td>1:30 Conversation Starters</td>
<td>1:30 Conversation Starters</td>
<td>1:30 Conversation Starters</td>
<td>1:30 Conversation Starters</td>
</tr>
</tbody>
</table>