It is hard to believe that 2017 is coming to a close. So many wonderful changes have happened this year and I expect more good things in 2018. Our partnership with the LEAF Center in Reidsville provides a closer location for adult day program activities for Rockingham county participants. We are the first PACE program in NC to offer an alternative care setting. This has helped increase the number of Rockingham county residents being served.

We recently added two new PACE vans to our fleet. One of the vans was a pre-owned handicap accessible van that was donated by Mr. David Nickle, along with several other items. We are eternally grateful for his generosity.

We just received the results from our annual participant and caregiver satisfaction survey. The survey was conducted by Vital Research, an independent research firm that interviews and collects data from PACE programs throughout the country. Ninety-nine percent of the caregivers surveyed said they were satisfied with the services provided by PACE. Additionally, 100% said they would recommend this program to a friend. We will provide more details in the January newsletter. Here are a few of the comments shared by participants when asked, “What do you like about the PACE program.”

“They treat you like adults and respect the fact that you have a disability. They treat you well from the moment you walk in the door. The CNAs attend to you right away.”

“When I first came here, I had problems with my legs; since I came here, they are better, being able to get the services here.”

“Everything is very good. I would recommend the services to anyone who needs help.”

Continued on reverse
More Space to Grow

PACE of the Triad continues to grow and we now have over 200 participants! Those of you who come regularly may feel the growing pains. There is good news. Renovations to expand to the 9,000-sq.ft. space beside the laundromat have started. Walls have been removed and new walls have been built to create a new, larger clinic and rehab therapy area. If there are no delays, we expect to begin moving furniture and equipment this month. This is Phase I. We will make this transition as smooth as possible for participants receiving care and treatment. Internal tours for participants will begin soon so everyone is aware of how to get to the clinic and therapy. Of course, PACE staff will be available to help.

Phase II of the renovation project will convert the current clinic and therapy area to a larger activity room. Construction noise will now be much closer to our activity rooms. Rest assured that the project is being handled in the least disruptive, safest and most efficient way. I am closely monitoring the project along with other professionals to ensure that the noise does not exceed safe limits. Careful plans have been made to minimize discomfort and distractions to allow us to remain open during this period.

Phases III and IV of the project involve areas with limited participant access. More details will be provided in a few months. After all renovations are completed (in early Spring), PACE will host a special open house event for caregivers and families. I know many will be anxious to see the changes but we request that caregivers wait until the open house to minimize distractions and help us maintain privacy for our participants.

Thank you in advance for your patience during this time. If you have any concerns, do not hesitate to contact us. We are all looking forward to the completion of our new, expanded PACE facility with more space and room to grow.

From Joe’s Desk

Joe Stanley
Center Manager

Continued from page 1

We also asked participants, “If there is one thing you could change about the PACE program, what would it be?”

“Need more space. It is crowded, but they are expanding.”

“Would want a larger exercise space and more exercise activities.”

“The size of the meals.”

In response to the suggested changes, we are working on the first two. The expansion project is underway. See the article written by Center Manager, Joe Stanley. The size of meals served for lunch is based on recommended daily allowance as set by the Food and Drug Administration (FDA). If you have additional questions, please do not hesitate to contact us.

Starting January 2, 2018, PACE will temporarily change our lunch meal vendor. This change is unrelated to the satisfaction survey. As many are aware, Well-Spring Dining Services caterers lunch meals for PACE. Due to the upcoming remodeling project at Well-Spring, we will obtain lunch meals from another vendor until September 30, 2018.

It is Open Enrollment for Medicare. No action is needed on your part. DO NOT change your Medicare Part D plan or any other Medicare services during this time. This leads to automatic disenrollment from PACE and you will lose PACE services. Disregard telephone calls from other insurance plans suggesting changes to your Part D plan. If you have any questions, speak with a PACE Social Worker.

Lastly, I am happy to announce the PACE Choir will perform at PACE, Thursday, December 21 at 1:00 pm. A reception for the choir and their guests will be held immediately following the performance. If you plan to attend, RSVP is required by December 20, 2017.

Have a wonderful and safe holiday!

Ursula
COAACH Lunch & Learn
Center for Outreach in Alzheimers, Aging
and Community Health
December 7, 2017, Noon – 1:30 pm
2105 Yanceyville St., Greensboro 27405
Call 336-285-2160 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 Solutions at 336-274-3559
to register.

Holiday Tea for Family Caregivers
December 13, 2017, 1:00 pm – 3:00 pm
The Lusk Center
2501 Summit Ave., Greensboro, NC 27405
Call Well-Spring Solutions at 336-274-3559
to register.

Support PACE of the Triad
Through Amazon Smile

You shop. Amazon gives.

PACE of the Triad is now connected
to Amazon Smile. If you shop on the Amazon
website and select **PACE of Guilford and
Rockingham Counties** using the Amazon
Smile link, Amazon will donate 5% of your
purchase to PACE of the Triad.

See the PACE of the Triad website for more
details or call us to request more information.

**Note:** There is no obligation to shop online
using Amazon. This information is provided as
a courtesy to those who have inquired and
others who may not be aware of the option to
donate when shopping on the Amazon website.

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Medical Minute with Dr. K

Dr. Robert Koehler
Medical Director and
Physician

**Stroke Prevention**

Rightly so, stroke is a major fear as we
grow older. A stroke (sometimes called a
“Brain Attack”) occurs when part of the brain
loses its blood supply and is damaged,
sometimes permanently. This can occur from a
blockage, a blood clot, or bleeding into the
brain. Depending on what part of the brain is
damaged, stroke victims will have loss of
function. This loss could be weakness on one
side of the body or problems with speech or
thought.

How can we prevent strokes or, if we
have had a stroke, how can we prevent
another? Medical evidence shows that the
main ways to prevent stroke are:

- Keep blood pressure under excellent
  control. If you have high blood pressure,
take your medicines as directed.

- Do not smoke!

- No excessive use of alcohol.

- Keep cholesterol under control. If you
  have high cholesterol, take your
  medicines as directed.

- Use blood thinners (a simple aspirin is
  the most commonly used).

If you have any questions on how to
reduce your risk, please ask me.

Welcome New PACE Face

Chris McNeil
Van Driver
The Holiday Blues

Usually, this time of year is filled with holiday cheer. Families come together over large meals, good conversation and by warm fireplaces. While this is the case for some, the holiday season can be a reminder of loss for others. The loss of family members, friends, physical ability and independence can cause sadness. People may reminisce about the “good old days” and may feel down if the present does not live up to the past. This is commonly called the Holiday Blues.

Caregivers, it is important to keep this in mind as we enter the holiday season. Some things to watch out for include: changes in mood, sleep, appetite, or energy level and loss of enjoyment of things or activities. If you or a loved one is experiencing the Holiday Blues here are a few tips to help turn the Holiday Blues to holiday cheer this season:

- **Do an activity that you used to enjoy!** Even if you do not feel like doing the activity at first, give it a try. Many people feel happier by the end.

- **Spend time with others!** Interacting with others helps to take our minds off what we might be missing. Continue coming to PACE on your regular day. Other organizations and housing communities often have holiday parties and socials. You will meet new people.

- **Stay busy!** Usually if someone is going to get the Holiday Blues it will be worse when they are alone not doing anything to keep their minds occupied. This year, try to stay busy. Pick-up a new hobby or rediscover an old one. Call or email a friend or family member that you haven’t spoken with recently. Many people help the less fortunate by donating food, clothing or preparing goody bags.

So, if you or someone you know is experiencing the Holiday Blues this season, remember that it doesn’t have to be this way. Try some of the tips listed above or feel free to contact me or your PACE Social Worker. 

Stacy Currier
Activities Coordinator

Travel the US @ PACE - California

We've virtually traveled from NC to the west coast this year and had so much fun along the way. We have tasted different foods, learned history and taken pictures in front of beautiful landmarks. This month, we reach our final destination, California. Experience food, music and the best travel spots with us. Check the calendar for travel photo dates.

Stacy Currier
Activities Coordinator

Blake Herd, M.P., L.P.A.  
Psychology Intern

If ice or snow is expected, call the PACE Weather Line for closure updates.  
336-550-4150

If you need to cancel attendance or need medical assistance, call 336-550-4040