Hello December!

Ursula Robinson, LCSW, MHA
Executive Director

It is hard to believe that in a few weeks, we will celebrate the start of a new year. Many of you have accomplished so much in the last 12 months. We count small changes and big changes as success at PACE of the Triad. Using a paint brush for the first time in 50 years to create a picture is success. Playing a game of chair volleyball weeks after suffering a mild stroke is success. Making a new friend in the day center is success. We hope that you know that your PACE team is cheering for you. We are in your corner and honored to be part of your care team. Thank you for the opportunity to serve you!

I am looking forward to the holidays. For some of us, however, the holidays bring about sadness and disappointment. This feeling is often called “Holiday Blues.” Holiday Blues can happen to anyone of any age for different reasons. Some people miss loved ones who have died. Others may feel sad because family or friends are not nearby and able to visit. There could be concerns about money or health changes that cause these feelings. If you recognize changes in yourself or someone you care about, these tips might help:

- Stay on schedule at the PACE center and enjoy the many activities on the December calendar. There are performances, crafts and games that will help keep your spirits lifted.

- Keep moving. Do chair exercises, walk a few extra steps and change positions often throughout the day.

- Open your blinds and/or curtains to allow sunlight to brighten your rooms. Lighting improves a person’s mood and energy levels.

- Limit holiday stressors such as shopping, decorating and cooking. Family and friends will understand. Do the things that you enjoy but don’t take on more than you can handle.

- Speak with your PACE social worker. Social workers can provide a safe, comfortable place to talk about your feelings.

Continued on reverse
Here are a few very important reminders:

If you are traveling out of town during the holidays, please contact us to make us aware that you will be out of the service area.

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. This includes signing up for United Health Care, Humana and other plans. Disregard telephone calls from other insurance plans suggesting changes to your Part D plan. PACE is your insurance company. Show your PACE insurance card any time you go to the hospital or see a specialist. This will help prevent medical bills from being sent to your home for payment. If you have any questions, speak with your PACE social worker.

A brief survey about the newsletter will be mailed in a few weeks. Everyone who returns the survey will receive PACE points that can be used to purchase items in the PACE store as a thank you. All who return the survey will be entered in a drawing for a chance to win a Walmart gift card.

Lastly, I am happy to announce the PACE Choir will perform at PACE, Thursday, December 20 at 10:30 am. A reception for the choir and special guests will be held immediately following the performance. **If you plan to attend, RSVP is required by December 18, 2018 to ensure enough seating.**

Have a wonderful holiday!

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**PACE - The Provider and the Insurer**

PACE stands for **P**rogram for **A**ll - inclusive **C**are of the **E**lderly. PACE of the Triad provides ongoing medical care by physicians, nurse practitioners and nurses. We provide personal care, rehabilitation services, social work support, recreational therapy and nutrition. PACE provides transportation, medical equipment, medicines and contracts with medical specialists. PACE is the insurer and responsible for providing and paying for medically related needs of our participants.

PACE also provides 24-hour emergency care, as needed. As you know, the PACE Center is open Monday through Fridays, 8:00 a.m. to 5:00 p.m. The PACE Center is closed on Saturday and Sundays and some holidays.

**What happens if a participant needs medical care or assistance when PACE is closed?**

1. If a participant suffers an injury or sudden illness that could result in permanent health damage or loss of life, call 911 immediately.
2. Inform emergency responders that he or she is a PACE participant.
3. Give emergency responders the PACE phone number to call so we can provide up-to-date information on his or her medical conditions and current medications.
4. If a participant is experiencing symptoms that are not life threatening, call PACE On Call at 336-550-4040 to speak with a PACE nurse. If she or he is on another phone call, leave a message with your contact information.
5. The nurse will answer questions and handle your concern. There is always a PACE physician available for the nurse to consult as needed.
6. If transported to the hospital or if we schedule an appointment for a medical specialist, remember to show the PACE insurance card.

We want our participants to receive the right care at the right time. If you have any questions, please do not hesitate to ask.

Joe Stanley
Center Manager
Controlled Substances FAQ

What are controlled substances?

Controlled substances are drugs that are regulated by state and federal laws. These drugs are often used to control pain.

Why are these drugs checked closely?

The incorrect use of these drugs can lead to drug addiction. It can also cause physical and mental harm, overdose or death. There is a database to check prescriptions and the number of pills given. This remains a national safety concern.

What drugs are included?

Pain medications made from opiate plants are called opioids. Examples include Morphine, Hydromorphone, Codeine, Hydrocodone and Oxycodone.

How do the regulations affect prescriptions?

It is important to give safe dosages of all medications. For opioids, we give the lowest number of pills needed for pain.

What changes are coming?

In 2019, all patients who take these drugs will be required to sign an agreement. PACE participants will sign a Participant-Provider Agreement (PPA).

Ask the Dietitian

This is the third of a 3-part column. View Part I and II of the column in the September and November newsletters on the PACE website.

How Do I Maintain a Healthy Body Weight if My Aging Body is Working Against Me?

First, your caloric budget must be determined. This is how many calories you need to eat in a day to get to and maintain your ideal weight. With each assessment, I calculate how many calories are required to maintain your current weight. I also look at the number of calories needed to safely and slowly lose weight, if you needed. Want to know your personal estimated budget? Just ask.

What About a Quick Estimate?

General guidelines suggest that women over age 50 who are inactive and get little to no exercise need about 1,600 calories each day. That number jumps to 2,000 to 2,200 for very active women, and about 1,800 calories for those whose activity levels are average.

Men over age 50 need about 2,000 calories each day if they’re not very active, and between 2,200 and 2,400 if they’re moderately active. Men who get a lot of physical activity each day need between 2,400 and 2,800 calories.

Start with these basic numbers in mind, then meet these needs with healthy foods. Think beyond just calories as a number. Remember the MyPlate rules? Variety and portion control is key.
**Welcome New PACE Face**

Russell Ziebell, RN  
RN Home Care Coordinator

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**PACE Choir Performance**

December 20, 2018 - 10:30 a.m.  
PACE of the Triad Activity Room

A reception for choir members and their special guests will be held immediately following the performance. RSVP to 336-550-4040 by December 18, 2018 to ensure adequate seating.

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**Support PACE of the Triad Through Amazon Smile**

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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**Caregiver’s Corner**

Healthy Holiday Lunch and Learn  
December 6, 2018, 11:30 a.m. – 1:00 p.m.  
COAACH - Center for Outreach in Alzheimer’s, Aging and Community Health – NC A & T State University  
2105 Yanceyville St., Greensboro NC 27405  
Call 336-285-2200 or email dorasom@ncat.edu to RSVP.

Caregiver Holiday Dinner  
December 11, 2018, 4:30 p.m. – 6:30 p.m.  
Senior Resources of Guilford, Evergreens Lifestyle Center, 1401 Benjamin Parkway, Greensboro, NC 27408  
Contact Mikayla Tate at Senior Resources of Guilford at 336-373-4816. Registration is required.

Lunch and Learn – Caring for a Loved One with Dementia, December 17, 2018, 12:30 p.m. – 2:00 p.m.  
Senior Resources of Guilford, Evergreens Lifestyle Center, 1401 Benjamin Parkway, Greensboro, NC 27408  
Contact Mikayla Tate at Senior Resources of Guilford at 336-373-4816. Registration is required.

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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