As the year comes to an end, it is a perfect time for reflection and giving thanks. We have been honored to provide medical care and support services to over 485 participants since we opened July 1, 2011! It seems like just yesterday we were opening our doors with 3 participants in the program. We now have 90 employees, including 5 full-time providers to care for 230 enrolled participants. We have a fleet of vans and partner with other companies to assist us with transportation. We have increased the size of our facility by 9,000 sq. ft. We’ve also enlarged our clinic, therapy gym and activity areas. There have been many changes over the years, but PACE is still a place where “everybody knows your name” and you are greeted with a smile.

I hope that you will take time to savor the moment during this season. When kind words are expressed to you…appreciate. When a smiling face greets you…smile. When someone helps you…say thank you. When someone cares for you…be grateful. When good food is served to you…acknowledge the cook. When you hear a funny story…laugh. When you are tired…stretch, then relax. The hustle and bustle of the season will come and go. Enjoy the moment and the memories that are being created with every activity or person that you meet.

Recently, a few PACE of the Triad participants have reported that United Healthcare and Humana insurance sales people have visited their homes. One agent changed our participant’s Medicare coverage without permission. If this happens, it will lead to automatic disenrollment from PACE. You will lose PACE benefits and services. Remember, you do not have to discuss your insurance coverage with an agent over the phone or in person. There is no need to update information or confirm current coverage. You may turn insurance sales people away at your door.

As your insurance plan, PACE is proud to be the provider of coverage for your medical care and prescription medications. If you want to stay with PACE, do not make any changes during Open Enrollment. If you have questions or receive one of these visits, call PACE and speak with your social worker. Continued on reverse.
Urinary Tract Infections (UTIs): Are they a big deal?

Urinary tract infections are the most common infection in older adults. Also referred to as a UTI, this bacterial infection affects the urinary system which includes the bladder, kidneys and prostate gland. As we age and begin to have long-term medical problems, the risk of getting a UTI increases. UTIs can cause pain when urinating, abdominal or back pain and fever or chills. If left untreated, UTIs can cause major illness or death.

Although it is tempting to check a urine sample for an "infection" when something doesn’t seem “right,” this can be misleading. At any given time, at least half of the PACE participants have bacteria in their urine, even when they are not sick. PACE participants should not be treated with an antibiotic if there is no definite sign of infection because dangerous germs could grow and the medication could cause risky side effects.

Well, so what?

Well, the problem is that when a urine sample is checked without a good reason, a positive result can lead patients, families and doctors in the wrong direction. It can lead us to blame a problem on a “urinary tract infection” when it is not the real issue! We can miss the real problem and treat a problem that is not there.

Well, what is a good reason to check a urine sample?

Medical experts recommend that urine samples should be checked only if someone truly has symptoms of an actual urinary tract infection. These symptoms are burning with urination, urinating more than normal, or abdominal or back pain. Also, if someone has a fever or chill without a clear cause, they too should have a urine sample checked.

If you have any questions about UTIs, speak with a PACE doctor or nurse.

Caregiver Event

Holiday Lunch for Family Caregivers
December 13, 2019,
11:30 a.m. – 1:30 p.m.
Lusk Center, 2501 Summit Ave.,
Greensboro NC 27405
Sponsored by Well-Spring Solutions.
To register, call 336-553-9358.

Dr. Robert Koehler
Medical Director and Physician
Did you know that your clothing and shoes can increase how likely you are to fall?

Take the quiz below to see if you are at risk for falls.

1. Do you have foot pain that affects your walking? ___ Yes ___ No
2. Do your shoes have a firm, rubber sole that bends at the ball of your foot? ___ Yes ___ No
3. Is the heel of your shoe slightly rounded, broad and less than one inch high? ___ Yes ___ No
4. Do your shoes fit well and are they in good repair? ___ Yes ___ No
5. Do you avoid wearing slippers or loose-fitting shoes? ___ Yes ___ No
6. Does your clothing fit securely with no dangling hems or belts that could cause a fall? ___ Yes ___ No

If you answered "No" to any of questions 2 through 6, your clothing is putting you at risk of falling.

PACE wants to help you stay safe and free of injuries! Talk with your PACE team to learn about changes you can make to be safer.

Remember these Ways to Prevent Clothing Related Falls:

- Wear shoes that are in good repair.

- Don’t wear socks without shoes, loose fitting slippers, shoes with slippery soles, high heels or pointed toes. If you want to only wear socks, make sure they are “grippy” socks with treads on the bottom.

- Don’t wear long flowing clothes and belts that drag close to the floor. Floor length night gowns, bath robes and pants that are too long can cause you to trip and fall.

Call If You Fall!
336-550-4040