A little over a week ago, Dr. Aldona Wos, NC Department of Health and Human Services Secretary and a couple of her staff members visited PACE of the Triad. Dr. Wos saw participants doing therapy, exercise and enjoying activities. She and her staff toured the clinic area and observed participants departing on PACE vans.

During the visit Dr. Wos met PACE participants Nancy R. (Eden), George C. and Doug M. (Greensboro). She asked Nancy how she heard about PACE. Nancy said she was referred by social services and recalled some of the medical challenges she experienced prior to joining PACE. “I was not able to walk or bathe myself when I came to PACE. Now I can!” Nancy credited continued therapy, exercise and home care services provided by PACE for her success.

George told Dr. Wos that he had been hospitalized following a stroke and was told of PACE services by a social worker. “My wife and I came and toured and really liked the program. It is the best thing I have ever done.”

Dr. Wos seemed really impressed with the facility and all of the information shared about PACE. She commented, “All of your participants are so happy. All of them are smiling.”

What an honor to have been selected as the first PACE program in NC that Dr. Wos has had the opportunity to visit. As the head of the Department of Health and Human Services, Dr. Wos oversees Medicaid, social services, public health, vocational rehab, health statistics and so much more.
Quality Focus for the New Year

2015 is 30 days behind us! Time sure flies when you're having fun and we do have a lot of fun here at our PACE. We also have a lot of drive to do good and that means that we have a lot of new projects planned for the new year. We look forward to helping our services grow and get even better each and every day!

Some of the projects we are planning include enhancing our Quality Department to include Information Technology, improved reviews of participant falls to make your loved ones as safe as possible and making our ability to prevent certain types of wounds even better. We will update you on the progress throughout the year.

Satisfaction is always important. We will continue communicating by mail or phone to ensure your complete satisfaction with the services we provide.

Adria Smith  
Quality Coordinator

I Want to See You!

No, I don’t mean I want to talk with you in my office. I mean I want to look at you and see you. And the sunset in the winter sky. And the flowers when they come back in the spring. I want the same for everyone. That’s why this article is about vision care during Low Vision Prevention Month.

It’s important to know the facts when it comes to vision protection. Let’s start with a true or false quiz.

True or False Failure to use the right glasses will hurt your eyes.
True or False Reading in dim light can damage your eyes.
True or False Watching television too long or sitting too close can damage your eyes.
True or False Eating carrots will improve your vision.
True or False Reading fine print for too long will wear out or damage your eyes.
True or False Wearing contacts prevents nearsightedness from getting worse.
True or False Cataracts can be removed with a laser.
True or False An eye exam is necessary only if you are having vision problems.
True or False There’s nothing you can do to prevent vision loss.

How did you do? The answers are ALL FALSE. All of them! To read more about the answers, pick up Common Eye Myths at PACE. You can also read about them at www.preventblindness.org along with more helpful vision care information.

PACE will continue to work with you to provide the right vision care for you. Make sure you let your team know about any vision problems you have. I want you to you to see me. And the winter sunsets. And the flowers when they return in spring.

Ellen Smith, RN, BS  
Center Manager

February

Important Reminders

- The next Participant Advisory Committee is Thursday, March 12, 2015, 1 pm to 2 pm. Caregivers and family members are invited to attend.
- As stated in your Enrollment Agreement, the PACE Center is closed one day per year to conduct annual staff education and training. The staff training day is Tuesday, April 28, 2015. Please mark your calendars.
- It is very important to check the PACE Weather Message Line (336-550-4150) for PACE closures when predicted or actual weather includes ice, snow, freezing rain or sleet. Reserve the main number for medical needs or transportation changes when bad whether occurs.

NOTES from ELLEN

I Want to See You!

Ellen Smith, RN, BS  
Center Manager
“There’s nowhere else I’d rather be than PACE.”
By Judy Doss as told to Diana Parker, Student Intern

Before I joined PACE, I lived in hospitals. I was constantly in nursing homes and emergency rooms for almost the last 2 years. It had gotten to the point where I couldn't walk, I couldn't do anything. I felt like I was in the land of the dead.

The first day I came to PACE, I got off the van, walked in the building (using a cane) and collapsed on the bench. I've never been able to hold my head up for more than 10 or 15 minutes. The rehab therapy staff worked with me to do special exercises. Now I'm walking and I don't use anything. Now I sit up all day long, every day. I'm able to participate in everything they do.

I guess you could call me a walking miracle only because of PACE. I was going to specialists before but they didn't get this kind of result. I mean liver specialists! I'm talking big hospitals! If my previous doctors could see me now they would be shocked and would probably say, "Why couldn't I do that for her?" I'm getting the right kind of medicine, the right kind of exercise, the right foods and I don't have any complaints. I love PACE. It's my life besides my children and grandchildren.

Before PACE, I was always in such pain and just shriveled up on the bed too sick to talk. Now they can't get me to shut up! I'm in the land of the living! There's no other way to describe it. Everybody here is doing such a wonderful job. I feel safe and secure as soon as I walk through those doors. I know I'm going to be taken care of and be treated with respect as a person. There's nowhere else I'd rather be than PACE, except church.

Each month we will share comments, quotes or testimonials from a PACE participant or caregiver. Submissions are welcomed. Call Nedra Baldwin, Director of Community Engagement at 336-550-4054 or email nedra.baldwin@pacetriad.org.

Welcome New PACE Faces

- Roderick Brown, Student Intern
- Chris Cooper, CNA, Certified Nursing Asst.
- Joyce Melvin, Driver
- Stevie Whitsett, CNA, Certified Nursing Asst.

In Case You Missed It....
PACE Choir Four Seasons Mall Performance – 12/11/14

FYI
In the next couple of days PACE participants will receive a green tote bag to use when attending PACE. The bag can be used to take artwork, PACE store purchases and other information home. Participants will only receive one bag, however, additional bags may be available for purchase in the PACE store.
Participant Advisory Committee

The Participant Advisory Committee (PAC) meets quarterly to share feedback with PACE Executive Director Ursula Robinson and PACE Board Chair Steve Fleming. Family caregivers are encouraged to attend. All meetings are held at the PACE Center.

PAC Meeting Dates

March 12, 2015  1:00 - 2:00 pm  September 17, 2015  2:00 - 3:00 pm
June 11, 2015  1:00 - 2:00 pm  November 12, 2015  1:00 - 2:00 pm

A Winter Retreat for Family Caregivers
Thursday, February 19, 2015 - 10:00 am - 3:30 pm
The Lusk Center, 2501 Summit Avenue, Greensboro, NC 27405

There is a time for everything, so how about during these cold winter months you take a day for yourself? Come to the Adult Center for Enrichment’s 5th Annual Winter Caregiver Retreat and enjoy a day to nurture your mind, body and spirit! Learn about Timeslips Creative Storytelling, the practice of Reiki and the importance of meaningful leisure in your daily life. A delicious lunch is included. For more information contact Jodi Kolada at ACE (336) 274-3559 or jkolada@ACEcare.org. The event is free.

Caregiver Education Session: Identifying YOUR Stressors and Tackling Them!
February 26, 2015 - 10 am - noon
Women’s Resource Center, 628 Summit Avenue, Greensboro, NC 27405

Family caregiving presents many challenges and can impact all parts of your life. What stresses YOU? Join Janet D. Pennell, MSW, LCSW, PACE Social Worker and Jodi Kolada MGS, Director of Caregiver Education with the Adult Center for Enrichment and let us help identify your stressors and offer practical tips to manage them. The event is free.

Caregiver Education Session: Hands on Family Caregiving Skills
Tuesday, April 21, 2015 – 6:00 pm - 7:30 pm
PACE of the Triad, 1471 E. Cone Blvd., Greensboro, NC 27405

Assisting with basic care tasks such as dressing, bathing, toileting and lifting/transferring can be challenging. Learn and practice ways to prevent injury to the person you are helping and yourself. Elaine Nosal, PACE Occupational Therapist and Jacque Williams, RN, PACE Adult Day Health Coordinator demonstrate useful techniques and tips for family (not professional) caregivers. This event is free, however, pre-registration is requested. Call PACE at 336-550-4040 to reserve your seat.