There is always a lot of talk about love in February. Did you know that some psychologist and others believe there are health benefits to love? Love means different things to different people. Webster’s dictionary says love is:

1. strong affection for another arising out of kinship or personal ties
2. warm attachment, enthusiasm, or devotion
3. the object of attachment, devotion, or admiration
4. unselfish loyal and benevolent concern for the good of another
5. a score of zero in tennis

Love also can describe an interest, care or concern for a person. Did you know there are chemicals in the brain that affect how we feel? When a person feels love, the brain releases hormones. These hormones give feelings of trust, pleasure and comfort. Some researchers have proven that these feelings have helped lower blood pressure and reduced stress.

Not showing or receiving love can have the opposite effect. Feeling unloved can lead to depression. It can cause unexpected weight gain or loss. It can cause high blood pressure and real heart problems.

Continued next page
Winter Weather Transportation

We have just had a taste of winter – icy roads, freezing temperatures, loss of power and PACE of the Triad being closed for 2 days. Please remember that when the weather causes a delayed opening or a closure of the PACE Center, an updated message is available by 6:00 a.m. on the Weather Line at (336) 550-4150.

Let’s talk about when there is bad weather, but PACE remains open. As we all know, PACE is a partnership between our staff, our participants and participant family caregivers. Our drivers are scheduled to arrive in the morning to bring participants to the PACE Center. Their primary concern is always safely. If there is snow or ice on your walkway, steps and/or driveway, it is not safe for you or the driver. Although the PACE Center may be open, transportation may not be provided by PACE if it is not safe.

PACE drivers are trained in transporting participants who can walk independently, those using canes, rolling walkers and wheel chairs. The drivers assist participants on stairs or using the wheelchair lift to get on and off the van. All participants are required to wear seat belts. Do not unbuckle your seatbelt while on the van. Tell your driver if there is a problem. She or he can immediately report any emergency that may arise. Please help them to keep you safe by having walkways, steps and driveways cleared after snow or icy conditions. Also, if your telephone number changes, call PACE with the new information. The driver may need to call your home before arrival.

Join me in thanking our Transportation Department for the excellent service and support they provide.

Continued from page 1

I am not a doctor so please continue taking all medications and following the directions of the PACE team! During the month of February, however, I’d like to challenge you to see if there is any truth to the research about love. Many of you may already do these things. If not, give it a try.

**Touch**

Touch is so important to show care and concern. Assisting someone by holding hands or taking a moment to share a hug could reduce stress and provide feelings of comfort.

**Exercise**

Exercise and doing other tasks with someone you care about helps boost endorphins. Endorphins are the hormones that make us feel good.

**Write**

Write a love note and tell someone that you appreciate what she or he does for you.

**Smile**

Smile and laugh as many times a day as you can. These actions can generate good feelings and help improve the mood of others around you.

So, let’s go back to the original question. **What’s love got to do with it?** If you have met me, you know that I love PACE of the Triad. The staff at PACE has heard me say “you can’t work at PACE if you don’t love working with older adults.” I really mean it. I hope that you can tell by the care and attention we provide.

If you love PACE of the Triad, let us know. Contact Nedra Baldwin, Director of Community Engagement and tell her. She may share your comments in future newsletters, on the PACE website and using social media, if you give her your permission. Her number is (336) 550-4054 and email is nedra.baldwin@pacetriad.org.

**Ursula**

Ursula Robinson, LCSW, MHA
Executive Director

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**From Joe’s Desk**

Joe Stanley
Center Manager

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What is Advanced Care Planning?

If you are a participant at PACE of the Triad, we always talk with you about goals. Medical Directors have goals as well! One of my goals for 2016 is to assist our participants in a process called "Advanced Care Planning."

The intent of Advanced Care Planning is that participants will have their future care provided based on their own very individual goals, values and beliefs. This process is normally done by asking the participant what she or he would like to do or would like to have done for them. Advanced Care Planning, however, involves making sure that the participant’s wishes are carried out when they cannot speak for themselves. This might occur with an advanced or sudden, severe illness.

The two most important parts of Advanced Care Planning are deciding who will speak for the participant when the participant cannot and what care she or he would like to have provided during an end-of-life situation. There are not right or wrong answers to any of these questions. The goals of Advanced Care Planning are to discuss and know the participant’s desires.

If you have not already shared your plans with us, we will discuss again this year. Do not hesitate to contact me if you have any questions.

Stacy Currier
Activities Coordinator

Travel the World @ PACE - France

Second stop, France! What is the primary language? How is the weather? Where is the best place to visit? Take a look at the February calendar for games, activities and exploration of the French culture.

If you haven’t received your PACE passport, see Robin or Stacy. There are new ways to earn PACE points and stickers for your PACE passport.

Stacy Currier
Activities Coordinator

February 2016 PACE Holiday Closures

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<tr>
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Which one is yours?

Believe it or not, coats, hats and gloves can look very similar when hung on a coat rack together. **Label all outerwear** and other items (sweaters, etc.) with first and last name to avoid a mix-up.

Participant Advisory Committee

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. All meetings are held at the PACE Center from 1:00 pm – 2:00 pm.

2016 Meeting Dates
March 4, 2016
June 3, 2016
September 8, 2016
November 10, 2016

Medical Minute with Dr. K

Dr. Robert Koehler
Physician and Medical Director

Medical Minute with Dr. K

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Frequently Asked Questions

About the PACE Clinic

Q I need to be seen in the clinic but it is not my PACE day. What do I do?
A Call PACE and ask to speak with your RN Home Care Coordinator. Tell the nurse your symptoms. The nurse will advise you.

Q I need to be seen in the clinic and I am scheduled to come to PACE. What do I do?
A As soon as you arrive, tell Adult Day Health Center Coordinator, Jacque Williams, RN. She will assist you. You may also call prior to arrival.

Q I have a medical question (during PACE hours or after hours). Who do I call?
A Call PACE and ask to speak to your RN Home Care Coordinator. If PACE is closed, press #1 using the automated system to be connected to the On Call Nurse.

Q I do not have enough medicine. What do I do?
A Call and ask to speak with Nickeah Allen, LPN or someone else in the clinic to request a refill. If you get a voice mailbox, leave a detailed message for a return call.

Q I am running low on medical supplies (nutritional supplements, incontinent supplies, diabetic strips, etc.) OR I have too many supplies. What do I do?
A Call and ask to speak with the Home Care Coordinator Assistant, Toni Johnson. Leave a detailed message for a returned call.

Q I can’t come to my doctor’s appointment. What do I do?
A Call and ask to speak with Sonja Harris, Clinic Assistant. We request that you provide a 24-hour notice because several medical offices charge the PACE Center late cancellation fees.

Caregiver Corner

Upcoming Events

Understanding Medicaid
February 10, 2016 10:15 am - 12:15 pm
First Baptist Church, Room 1200
1000 West Friendly Avenue, Greensboro

Attorney David McLean will share the basics of the Medicaid program. This event is sponsored by Adult Center for Enrichment. Register online at www.ACEcare.org or contact Jodi Kolada at (336)274-3559 or jkolada@well-spring.org.

Caregiver Boot Camp
Wednesday, March 9, 2016, 6:00 pm – 7:30 pm
PACE of the Triad, 1471 E. Cone Blvd., Greensboro

A PACE nurse and occupational therapist will demonstrate transfers and teach other important safe caregiving techniques. Supervision for PACE participants will be provided on site. Call (336) 550-4040 to register by March 8, 2016. This training is for family caregivers only, not professionals.

Caregiver Lunch and Learn
Thursday, March 3, 2016, 12 noon – 1:30 pm
NC A & T COAACH Center
2105 Yanceyville St., Greensboro

More information coming soon. Contact Dora Som-PimPong at (336) 285-2160 to register.

Creative Aging Network Workshops

Each workshop is $25 per person and supplies are included. For more information, call (336) 420-3916. The center is located at Bell House, 2400 Summit Ave., Greensboro. A complete list can be found at www.can-nc.org.

Tuesday, February 16, 2016
10:00 am – 12 noon
Painting with Lia

Friday, February 26, 2016
4:00 – 6:00 pm
Felt Coaster with Jerry

PACE Clinic Staff
Kanecia R., Certified Medical Asst; Nickeah A., Clinic Nurse; Charlotte T., Clinic Nurse (center): Sonja H., Clinic Asst. and Belinda R., Clinic Nurse