In Gary Chapman’s book, “The 5 Love Languages: The Secret to Love That Lasts,” he says there are five primary love languages:

The 5 Love Languages include:

1. Words of Affirmation: speaking words of affection and appreciation
2. Quality Time: giving someone your full attention, spending time together
3. Gifts: a visible symbol of love such as a purchased or handmade gift of any value
4. Acts of Service: doing things for another person to be helpful
5. Physical Touch: a thoughtful touch

According to Chapman, these actions are the 5 basic ways that people show love, care and concern. I observe these actions at PACE on a daily basis. Not in a romantic way, but as PACE staff members care for participants. From the careful attention of drivers unloading the vans, to the smiling faces of our CNAs and other staff as they greet our participants upon arrival. I love that PACE doctors, nurses, social workers and others spend real quality time listening and understanding participant needs. The gentle touch of our therapists, along with their encouragement, help participants realize their goals. The tangible gifts from the Activities department such as travel photos, “make and take” jewelry and other crafts seem to warm the hearts of participants.

Of course, there are other interactions that I don’t see, but I know occur because participants and caregivers often tell me. In a recent satisfaction survey, a caregiver explained, “It is hard to say what I like best about PACE because it is an amazing place! I can honestly say PACE is an unbelievable blessing to my entire family. Having a whole team of people care for my husband is exactly what was needed and a huge strain has been lifted off of our daily lives. It has saved us!”
Continued from page 1

It is our goal to provide quality care and support to the best of our abilities. Although we continue to grow and make PACE services available to others in our community, we still maintain person-centered care with each participant. Person-centered care focuses on the individual, not just the diagnosis or symptom. It involves two-way communication and understanding between the participant, caregiver and the PACE care team.

Thank you for allowing PACE to serve as your care team.

Special thanks and congratulations to Patricia A. Soenksen, Executive Director of Hospice and Palliative Care of Greensboro and PACE of the Triad founding board member. Pat retires from Hospice this month and the PACE of the Triad board. We sincerely appreciate her depth of knowledge, contributions and support of PACE since inception in 2008.

Ursula

Ursula Robinson, LCSW, MHA
Executive Director

If the weather forecast includes snow or ice, call the PACE weather line after 6 a.m. A pre-recorded message will announce if PACE is open. Call the regular PACE number for medical needs or transportation changes.

336-550-4150
Weather Closure Line

Good News! Bad News!

Good news, as of February 1st there are 46 days until spring. Bad news, as of February 1st there are 46 days until spring. There is plenty of cold weather ahead of us. Thank you for using the PACE Weather Line when reports of freezing, icy weather is expected. This helps keep our main phone lines open for medical calls after hours and when we are closed. You should only use the PACE Weather Line number to listen to a pre-recorded message when the threat of inclement weather is expected. During all other times, call the regular PACE number (336-550-4040) for medical needs, transportation changes, PACE center attendance cancellation or other needs.

Here are a few other reminders:

1. Call in advance if not coming to the PACE Center to avoid an unnecessary trip to your home for pick up.
2. Leave all valuables at home. We are not able to secure these items at the PACE Center.
3. Be sure to label sweaters and outerwear to avoid mix-ups.
4. Please do not wear perfume, cologne and scented lotions when coming to the PACE Center. It may trigger allergic reactions or sinus irritation in other participants and PACE staff. PACE is a fragrance-free environment.

If you have any questions or concerns, do not hesitate to contact me.

From Joe’s Desk

Joe Stanley
Center Manager

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Medical Minute

The Best Way to “Catch” A Cold

There are many common misunderstandings about how people catch colds. One common misunderstanding is that colds are caused by getting wet or chilled. Many feel that it is risky to go outside in cold weather, especially if your hair is wet!

The truth of the matter is that colds are caused by germs, specifically, viruses, not the weather. These viruses are passed from person to person, especially by the hands or with sneezing or coughing.

Colds are more common during the winter months because folks tend to stay indoors. When people are closer together, germs are passed more easily and therefore there are more colds during the winter months.

So, to reduce the risk of colds, wash your hands, cover sneezes and coughs and by all means, enjoy the outside...even if it is cold!

PACE Contributes to Operation Bedroll – Part II

Operation Bedroll, sponsored by the City of Greensboro has two main purposes: to provide crocheted sleep mats for people living with homelessness AND to recycle plastic grocery bags without jamming recycling equipment. At PACE, we have discovered a third purpose, another way for participants and staff to provide community service! We are working together to make a difference in our community and help those in need.

For now, PACE has collected enough plastic bags to continue doing our part in the city-wide Bedroll (mat) Project. **No plastic bags are needed at this time.** Several PACE participants are cutting the bags into strips to make the plastic yarn (PLARN). The plastic yarn strips are looped together and rolled into balls, similar to regular yarn. The PLARN is donated to First Christian Church (Disciples of Christ) of Greensboro. Members of the church are crocheting the PLARN using giant crochet hooks into light-weight, waterproof, padded mats. These mats will be given to individuals currently living with homelessness. The mats provide an extra barrier from the cold and dampness of the bare ground.

**NOTE: We are no longer collecting plastic bags. Thank you.**

2017 PACE Center Closures

April 19, 2017  PACE Staff Training
May 29, 2017  Memorial Day
July 4, 2017  Independence Day
September 4, 2017  Labor Day
November 23, 2017  Thanksgiving Day
December 25, 2017  Christmas Holiday

Ellen Smith, RN, BS
Staff Development Coordinator
Welcome New PACE Faces

Roderick Brown
Data Specialist

Bianca Gray
Volunteer

Shanty Hooi
Certified Nursing Asst.

Caregiver’s Corner

COAACH Lunch & Learn
February 2, 2017, Noon – 1:30 p.m.
2105 Yanceyville St., Greensboro 27405
Sponsored by North Carolina A&T State University Center for Outreach in Alzheimer’s, Aging and Community Health.
Call 336-285-2160 to RSVP.

Mental Health Wellness for Family Caregivers
February 14, 2017, 10:15 am – 12 noon
First Baptist Church Room 108-C
1000 West Friendly Ave., Greensboro.
Sponsored by Adult Center for Enrichment.

COAACH Lunch & Learn
March 2, 2017
2105 Yanceyville St., Greensboro 27405
Sponsored by North Carolina A&T State University Center for Outreach in Alzheimer’s, Aging and Community Health.
Call 336-285-2160 to RSVP.

Travel the US @ PACE
Virginia

Next stop, Virginia! How is the weather? Where is the best place to visit? This month you will learn about the history and culture including food, music and fun facts. Don’t miss your travel photo.

We are making our way to the legendary Route 66 which leads to California. As you can see, we are making a few stops on the way to Route 66. Enjoy the ride!

Stacy Currier
Activities Coordinator

Participant Advisory Committee Meetings

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.

March 9, 2017
June 15, 2017
September 7, 2017
November 9, 2017