At My PACE

February 2019
Volume 9, Issue 2

In This Issue:

Medical Minute
Caregiver Corner

PACE of the Triad
1471 E. Cone Blvd.
Greensboro, NC 27405
www.pacetriad.org

336-550-4040
Compliance Hotline
336-550-4140
Weather Closures
336-550-4150

At My PACE is a
publication for PACE
participants
and their
families/caregivers.

PACE of the Triad
Member Organizations

Well + Spring Services
Cone Health
Advanced Home Care
Hospice and Palliative
Care of Greensboro

PACE Closures

All Staff Training Day
April 17, 2019

Memorial Day
May 27, 2019

Independence Day
July 1, 2019

Labor Day
September 2, 2019

Nedra Baldwin, Editor

How do I love PACE?

Ursula Robinson, LCSW, MHA
Executive Director

Congratulations to participant, Kadija Adam. Kadija is a Sudanese refugee who arrived in the US in 2011. She is the first PACE of the Triad participant to receive her citizenship while enrolled in PACE. As you may know, becoming a citizen is a multi-step process that includes a civic test. We recently recognized Kadija in the day center. She said she was thankful for PACE and said her social worker, Holly, was like her daughter. What a wonderful compliment to the dedication and support offered by her social worker and other members of her care team.

Over 150 years ago, poet Elizabeth Barrett Browning’s wrote a love letter entitled, “How Do I Love Thee?” It starts with, “How do I love thee? Let me count the ways.” It reminds me of the many times participants and caregivers have shared how much they love PACE. They love therapy, they love their van driver, they love the fun they have in activities and they just love PACE! Here are a few comments from our caregiver satisfaction surveys...

“PACE has really been an answer to prayer.”

“PACE has given me peace of mind.”

Continued on reverse

(Left to right) Nancy Fox, Home Care Coordinator Nurse; Holly Gerber, Social Worker; Kadija Adam (seated); Enayl Ibrahim, Interpreter; Ursula Robinson, Executive Director.
Going to the Emergency Room

As you know, one of the main reasons that PACE can be so successful in providing excellent care to its participants is that the care is “coordinated.” This means having a doctor and care team who is fully knowledgeable about all aspects of the participant’s health, home situation and care goals.

There may be times when a participant will have a condition that is causing him or her distress. Unless it is a true medical emergency, going to the emergency room often can be the worst place to go! The staff in the emergency room are trained to handle emergencies (hence the name, emergency room!). They are not trained in how to handle on-going or difficult problems or patients who have multiple concerns. Most importantly, they do not know you like we do! Without the extensive knowledge, they will have great difficulty correctly diagnosing or treating the person.

What is a true medical emergency? It is a condition where minutes count, where a person could die or have permanent injury if not treated in the next half hour. I understand that sometimes it can be frustrating to not have an answer or solution to every problem. It can be frustrating not to feel well. The problem with going to the emergency rooms during those times is that it typically doesn’t help and can lead to more frustrations for both participants and PACE providers.

Go to the emergency room if there is a true medical emergency. Don’t go there if you just don’t feel well or want “an answer.” There is always a PACE nurse on-call who knows you. Talk with her if you are not sure what to do. She can direct you to the best time and place to get the answers you seek.
Save these Dates

Caregiver Bootcamp – Rockingham Co.
March 15, 2019 – 10:00 a.m. – noon
LEAF Adult Day Center, 104 N.
Washington Ave., Reidsville, NC 27320

You may discover a better way to help your loved one with transfers, toileting, bathing, dressing and so much more. Get hands-on training and support from a PACE occupational therapist (OT), nurse and social worker. Register by March 14, 2019 to 336-550-4040. A light lunch will be served.

Aging Mastery Program for Caregivers ONLY
March 7, 2019 – April 11, 2019
6 Workshop Sessions
2:00 p.m. – 5:00 p.m.
@ PACE of the Triad

Join us for special guest speakers, support group discussions and more. Topics include Healthy Eating, Financial Fitness, Advance Planning, Medication Management and Exercise. The program is free; however, registration is required. Refreshments served. **Attend all 6 workshop sessions and receive a free PACE t-shirt.** Call 336-550-4040 to register or for more information.

Welcome New PACE Faces

Wendy Graham, RN
Home Care Coordinator

Lori Johnson
Clinical Admin. Asst.

Caregiver’s Corner

Lunch and Learn
Normal Aging, Forgetfulness vs. Dementia
February 12, 2019, 12:30 p.m. – 2:00 p.m.
Senior Resources of Guilford
1401 Benjamin Parkway, Greensboro, NC 27408
Call 336-373-4816 ext. 24 to register.

Friends Against Fraud (lunch provided)
February 20, 2019, 11:30 a.m. to 1:30 p.m.
Temple Emanuel, 1129 Jefferson Rd., Greensboro NC 27410. Call 336-497-5615
to register by February 13, 2019.

Understanding and Responding to Dementia-Related Behavior
February 27, 2019, 10:30 a.m. – noon
First Presbyterian Church Welcome Center
617 N Elm St, Greensboro, NC
Call 336-274-3559 or email jkolada@wellspring.org to register. Sponsored by Well-Spring Solutions.

Friends Against Fraud (lunch provided)
March 30, 2019, 11:30 a.m. to 1:30 p.m.
World Victory International Christian Center
1414 Cliffwood Dr., Greensboro, NC 27406
Call 336-497-5615 to register by March 22, 2019.

Friends Against Fraud (lunch provided)
April 8 2019, 11:30 a.m. to 1:30 p.m.
Lusk Center – Hospice and Palliative Care of Greensboro
2501 Summit Ave., Greensboro NC 27405
Call 336-497-5615 to register by April 1, 2019.

PACE Weather Line: 336-550-4150

When wintry weather (snow, ice, freezing temperatures, excessive winds) is predicted, call after 6:00 am for a recorded message regarding hours of operation.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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<tbody>
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<td>1 9:30 MIM Exercise</td>
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<td>1:30 Cinema Sensations</td>
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<td>2:30 Relaxation Coloring</td>
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<td>2:30 Karaoke Hour</td>
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<td>2:30 Trivia Time: African American Inventors</td>
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<td>2:30 Price is Right</td>
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<td>2:30 Valentine’s Social Event: Rag Tag Lovers and Love Lovers</td>
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**February 2019**

**Mon**
- 10:00 Hidden Option
- 10:30 Find the Object
- 12:30 BINGO (HB)
- 12:30 Room is Closed

**Tue**
- 10:00 Mindful Activity
- 10:30 BINGO Store (HB)
- 12:30 BINGO Store (HB)
- 12:30 Room is Closed

**Wed**
- 10:00 Mindful Activity
- 10:30 BINGO Store (HB)
- 12:30 Room is Closed
- 12:30 BINGO Store (HB)

**Thu**
- 10:00 Mindful Activity
- 10:30 BINGO Store (HB)
- 12:30 Room is Closed
- 12:30 BINGO Store (HB)

**Fri**
- 10:00 Mindful Activity
- 10:30 BINGO Store (HB)
- 12:30 Room is Closed
- 12:30 BINGO Store (HB)

**Activities are Subject to Change**

**HB** - Honeybee Room

**The Cardinal Room**

**Be Mine Rose**
For 50 Points

Want to show some appreciation?
See Activities if you would like to purchase one for ONLY 50 PACE Points.

*They are not real Roses
* Will Distribute 2/14-2/15

**Room is Closed From**
12:30 - 2:00

**Room is Closed From**
12:30 - 2:00

**HB** - Honeybee Room

**Activities are Subject to Change**