It is hard to believe we are entering our 6th year of providing medical care and services in Guilford and Rockingham counties. Several participants have been with us since 2011. I am sure they remember the days of having just one PACE van and one CNA on staff. The main activity room seemed so huge! Since opening, we have had the pleasure of caring for over 370 participants. We have also connected with many family caregivers to offer support, skills training and other services.

On any typical day, the PACE Center is bustling with activity. Medical care, physical, occupational and speech therapy, social work support and transportation is ongoing. The Activities program changes daily with music, art, crafts, Bingo, performances and so much more. We are proud to do what we do at PACE. We also gladly welcome others in the community who can benefit from PACE services. If you know of someone who might have an interest in PACE services, please share the flier insert.

In the July newsletter, I announced that the PACE Board of Directors had approved a committee to begin a search for a new facility. The committee was also asked to do an analysis comparing the construction of a new facility vs. expanding the size of our current PACE location. In January, the board voted to expand our current facility. We do not expect to complete the expansion until next spring, 2018. As for now, everything is business as usual. We will let you know when construction will begin. You will be kept informed every step of the way!

Here are a few dates and upcoming events that I don’t want you to miss!

- Participant Advisory Committee Meeting – PACE family caregivers and PAC members only – March 9, 2017 at 1 p.m. at PACE.
- Caregiver Skills Boot Camp – PACE family caregivers – March 30, 2017, 6 p.m. – 7:30 p.m. at PACE
Aging and Mental and Physical Wellness

Aging can be a difficult period for many of us. Some are faced with changes in our ability to care for ourselves. An increase in our need to depend on others such as family, friends and paid caregivers can be a huge adjustment. Changes in strength and endurance or a decrease in hearing and vision can be very unnerving.

Eventually, we usually experience a change in our role within our family and community. So many older adults have raised a family and have cared for others. Now, the roles have reversed and the older adult is the one who needs more care. For many, these changes not only impact how we feel about ourselves but how we care for ourselves.

Did you know that emotional and mental changes can lead to physical changes in your body? Physical changes in your body can lead to poor health. PACE provides medication, equipment and supplies, schedules home care, and brings participants to the PACE Center for medical care, therapy, socialization and activities, meals and personal care, if needed. PACE strives to maximize the physical health and wellness of our participants. We also want to maximize the mental wellness of our participants. Research shows that there is a connection between physical health and mental wellness.

Accepting changes and moving forward might be challenging. PACE can help. Start by talking with your PACE Social Worker. We have also partnered with UNC Greensboro to provide a Licensed Therapist to talk with participants about emotional changes and mental wellness. If you are interested, your PACE Social Worker will work with you to set up an appointment.

Ursula
Ursula Robinson, LCSW, MHA
Executive Director
The 3 Ds: Delirium, Dementia and Depression – PART I

Have you ever misplaced your eye glasses or forgotten where you put an important piece of mail? I sure have! We all have confusion from time to time. Whether it is brief forgetfulness or trouble understanding something, it can be frustrating. This may occur more often as we age, but for most, confusion and forgetfulness is minor.

When confusion and forgetfulness happens more often, it’s time to see a doctor. Regular doctor visits and open communication with family caregivers is important to noticing changes in older adults.

The 3 Ds

Confusion can be the symptom of one of the three most common “brain” conditions referred to as the 3 Ds: delirium, dementia and depression. Accurate diagnosis is needed for good care and treatment with the person’s safety, as well as, physical and emotional well-being in mind. Diagnosis can be tough if the person has two or even three of the conditions at the same time. This is not uncommon.

Let’s start with delirium, which means “sudden confusion.” This is a rapid change in mental function that is beyond the typical forgetfulness of aging. Medical terms for delirium include acute confusional state, toxic psychosis, metabolic encephalopathy and acute organic brain syndrome. In short, delirium is a result of abnormal brain function.

Delirium frequently occurs in older adults when they are sick or in the hospital. In fact, it is one of the most common complications of hospitalization or surgery. Because there is such a dramatic change in the patient’s behavior and thinking, it can be a frightening experience for caregivers and the patient. Unfortunately, it usually causes a longer hospital stay and sometimes additional problems.

Minor illnesses can cause delirium. Urinary tract infection (UTI), dehydration, insufficient sleep, constipation, and even current medications may be the culprit.

Older adults with delirium may:

- talk in a way that doesn’t make sense or slur words,
- seem easily distracted and unable to respond to simple commands,
- move more slowly,
- pick at clothing or repetitively touch objects,
- reach for imaginary things in the air,
- hallucinate or not recognize surroundings or loved ones, and/or
- have disrupted sleep and awake cycles.

All or some of the above signs may occur. One of the most upsetting signs of delirium is an unexpected change in personality. This may include anger and agitation towards family caregivers and others.

Delirium is not the same as dementia, although people with dementia can develop delirium. Delirium usually goes away with time and with the improvement of the underlying cause (such as UTI). Dementia is a long-term illness which tends to worsen over time. If you recognize any of the signs and symptoms, don’t hesitate to contact us.

More on the 3 Ds in the next At My PACE newsletter. Stay tuned!
Travel the US @ PACE
Kentucky

Next stop, Kentucky! 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

Caregiver’s Corner

COAACH Lunch & Learn
March 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.

Legal Planning for Family Caregivers
March 16, 2017, 10:30 a.m. - Noon
Christ United Methodist Church
410 N. Holden Rd, Greensboro 27408
Sponsored by Adult Center for Enrichment.
Call 336-274-3559 to RSVP.

Understanding the Discharge Process
March 30, 2017, 10:00 am - 11:30 am
Muir’s Chapel United Methodist Church
314 Muirs Chapel Rd. – Fellowship Hall, Greensboro 27410
Sponsored by Adult Center for Enrichment.
Call 336-274-3559 to RSVP.

Caregiver Skills Boot Camp @ PACE
March 30, 2017, 6 p.m. – 7:30 p.m.
PACE of the Triad, 1471 E. Cone Blvd.
Greensboro 27405

COAACH Lunch & Learn
April 6, 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.

Navigating Long-term Care
April 6, 2017, 6 p.m. – 7:30 p.m.
PACE of the Triad, 1471 E. Cone Blvd.
Greensboro 27405
Sponsored in collaboration with Adult Center for Enrichment and Piedmont Triad Regional Council.

Health Care Decisions
PACE family caregivers only - April 20, 2017, noon – 2 p.m. at the Lusk Center
2501 Summit Ave., Greensboro 27405

Ask a Social Worker

Janet Pennell, LCSW
Social Worker

Q. I need a form signed for FMLA, SCAT, Duke Power, etc. What do I do?
A. Follow these easy steps...

1. Read the form to confirm that you need PACE assistance or input.
2. Fully complete and sign all of your sections of the form. A release for medical information may also need to be completed.
3. Specify what you need PACE staff to provide (doctor’s signature? medical information?) and the deadline to return the form to you.
4. To help make sure that the form is delivered to the correct PACE area, include the name of your PACE Social Worker on the envelope, or address it to the attention of the Social Work Dept.
5. Tell us whether you’d like the form mailed/faxed to you, returned with the participant, mailed/faxed to the organization/company, or if you will pick up the form. If you wish for PACE to mail the item, please provide a stamped envelope.
6. Also, please give us as much advance notice as possible so that we can help you meet your deadline.