Spring cannot arrive soon enough. The last six months of weather presented challenges to transportation and left some participants, caregivers and staff members without electricity for days. Tornado damage, flooding, hurricane winds, extreme cold, snow and ice kept us busy with early closures, rescheduling appointments and parking lot clean up. We have been fortunate to enjoy a few sunny days in between several rainy, cold days. My grandmother would call it “pneumonia weather.” Heeding her warning, I hope that you will continue to wear appropriate clothing until warmer temperatures are here to stay!

In January I shared that we will apply to build a PACE facility in Winston-Salem to serve Forsyth, Surry and Stokes counties. If approved by the Centers for Medicaid and Medicare Services (CMS), we expect to open the new facility in late 2020. The application will be submitted later this month. I will keep you updated.

This announcement generated positive comments from participants and caregivers. There have also been a few questions asked about our existing PACE facility. A question was asked about space in the adult day health center. The participant commented that seating was tight and asked if we were at our capacity. Well the short answer is no, we are not at capacity. When we completed our building expansion, a surveyor from NC Department of Health and Human Services Division of Aging and Adult Services measured our new space and counted upholstered chairs, bathrooms and assessment rooms to determine the number of participants who could be in the building at one time. Based on her assessment, we can accommodate a daily attendance of 140 participants. We are way below that number in average daily attendance. I know that it appears that we are elbow-to-elbow on some days, especially between 11:30 am and 1:30 pm when lunches are being served. We rearranged some seating recently in the main Activity room and we will continue to be creative in making changes.
Medical Minute

Allergies, Cold or Flu?

Stuffy nose, sore throat, watery eyes, cough, fever… Doc, what do I have? Well, let’s take a look at the signs and symptoms.

Allergies:
• Symptoms may include sneezing, stuffy nose and throat irritation, watery or red eyes
• May feel sluggish, but still can be productive
• Seasonal and not contagious

Colds:
• Symptoms may include stuffy head, cough, sore throat, headache, low grade fever
• May feel tired and run-down
• Caused by a virus and contagious
• Hand washing is important

Flu (Influenza):
• Symptoms may include high fever, aches and pains, cough
• May feel terrible
• Caused by a virus and contagious
• Hand washing is important
• Can cause complications such as pneumonia or death

Pneumonia:
• Cough and shortness of breath with chest congestion
• May feel weak and sick
• Not contagious
• Bacterial infection of the lungs
• Can be fatal

Call PACE first when you are not feeling well. And remember, hand washing is always important, not just when you are contagious!

Dr. Robert Koehler
Physician and Medical Director

Continued

To be true to our mission, we must continue providing access to needed PACE services to those in our community who are eligible. I do need your help in this effort. If you are not already, would you assist by doing the following:

1. Take advantage of activities offered in the Cardinal Room when invited to participate. Interesting new crafts, group discussions and other scheduled events offer an opportunity to do something different.

2. Cancel adult day center attendance or specialty appointments 24 to 48 hours in advance. This avoids having the driver sent to your home which saves gas. It also helps us avoid cancelled trip and appointment cancellation fees with our contracted vendors and specialist.

3. If you don’t want to attend the adult day center on your originally assigned days, you can request a reduction in attendance days.

4. Continue to refer family, friends and others to PACE. Don’t worry about explaining the details. Just have the person to call our referral line – 336-550-4046. PACE care and services are based on our review of a person’s needs so there are likely differences.

Important Reminder:

✓ All staff training day is Wednesday, April 17, 2019. Please mark your calendars. We will not be on site; therefore, we will not have adult day health services, therapy and clinic appointments at the PACE center. PACE will coordinate critical transport for dialysis needs only. Emergency medical phone calls to PACE will be handled.

Have a great month!

Ursula
In the February newsletter, Dr. Koehler wrote about what is considered a true medical emergency. Dr. Koehler also stated the importance of avoiding use of the emergency room if you are not having what is considered a true medical emergency.

This month, you will receive a handout, included with this newsletter, titled “Call PACE First.” Your PACE team wants to remind you that it is important to always “Call PACE First” for any medical questions or concerns, unless you are experiencing a medical emergency. Why? Because your PACE team knows you best! This handout can be put on your refrigerator as a reminder of when to “Call PACE First.”

During the month of April, PACE Social Workers and Home Care Coordinators will be making special presentations in the Adult Day Center to remind participants to “Call PACE First.” After these presentations, participants will have an opportunity to earn PACE points and receive a PACE Cell Phone Wallet to help them remember to “Call PACE First.”

Enclosed in this newsletter is a survey about Activity program ideas. All participants/caregivers who complete and return the survey (front and back) will receive **20 PACE points.** The survey must be received by Friday, March 22, 2019 to receive the points. If you need help with the survey, bring it to PACE.

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.

**Understanding Anticipatory Grief**  
March 18, 2019, 10:45 a.m. to noon  
Lusk Center, 2501 Summit Ave, Greensboro, NC 27405. Sponsored by Well-Spring Solutions. Call 336-274-3559 to register.

**Caregiver Bootcamp – Rockingham Co.**  
March 22, 2019, 10:00 a.m. – 11:30 am  
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 20, 2019 to 336-550-4040. Lunch is provided.

**Smart Phone Apps for Caregivers**  
March 28, 2019, 10:30 a.m. – noon  

**Legal and Financial Planning – Alzheimer’s Association**  
March 28, 2019, 1:30 pm – 3:00 pm  
Senior Resources of Guilford – Lifestyle Center  
1401 Benjamin Parkway, Greensboro NC 27408  
Call 336-373-4816 x 240 to register. Lunch is provided.