At My PACE

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PACE of the Triad
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Compliance Hotline
336-550-4140
Weather Closures
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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
April 19, 2017
PACE Staff Training Day

May 29, 2017
Memorial Day

July 4, 2017
Independence Day

Nedra Baldwin, Editor

Spring brings March Madness and advocacy on “The Hill.” I hope your favorite basketball team made it to the big game! Last month, I visited some of our elected officials at Capitol Hill in Washington to advocate for frail, older adults. The National PACE Association arranged visits for me and several of my colleagues to meet with the offices of Congressman Mark Walker and Representatives Thom Tillis, Richard Burr and Ted Budd. Our message points were: (1) Medicaid funding caps jeopardize frail elders’ access to PACE (2) Increased Medicare beneficiary access is needed for PACE (3) Assist us with moving two items that will help PACE (Innovation Act and PACE regulatory flexibility). We felt very supported by our elected officials and their staff.

I do need to make you aware of a staffing change. Jacque Williams, RN, former Adult Day Health Center Coordinator is now the Clinic Supervisor. Ellen Smith, RN, former Center Manager and current Staff Development Coordinator is serving as interim Adult Day Health Center Coordinator until the position is filled. We also welcomed additional staff members. Look for details inside the newsletter.

If you have been with PACE of the Triad for over a year, there are a couple of annual events that will happen again this spring. Please make note of these dates (on page 2) and do not hesitate to contact us if you have any questions.

Continued on reverse
What is the IDT?

The Interdisciplinary Team (IDT) is the heart of the PACE program. It is the team that provides direct care and support for our participants. IDT team members include one or more of the following: Primary Care Physician; Registered Nurse; Master’s Level Social Worker; Physical Therapist; Occupational Therapist; Recreational Therapist; Dietician; Center Manager; Home Care Coordinator; Certified Nursing Assistant and Transportation.

When you join PACE, the IDT team works together to create a plan of care or care plan for the new participant. Every 6 months, the care plan is discussed at the IDT meeting. The care plan includes any medical changes or concerns, a review of medications and updates on any falls, hospitalizations or emergency room visits that have occurred. The team reviews labs, vitals and other tests. IDT looks at how often the participant attends the adult day health program and how personal care is provided by CNAs in the home.

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If you have been with PACE for over 6 months, then I hope you have attended IDT meetings before. Participants and caregivers are asked to attend because we need to hear from you, first hand. This is your plan of care and feedback is needed to understand what is working well for your health and what needs to be changed. Being in the PACE program is a partnership with the participant, caregivers and PACE. For the partnership to work well, we need all partners at the table for the IDT discussion. So, when we call to invite you to attend, say “Yes” and come. We value your opinion and look forward to seeing you at your next IDT care plan review meeting.

Have a great month!

Ursula
Medical Minute

Dr. Julie Williams, MD, MS
Physician and Gerontologist

The 3 Ds: Delirium, Dementia and Depression – PART II – Dementia

We’ve all been there – we misplace our eyeglasses or forget the name of someone we just met. When this happens occasionally, we get frustrated and maybe a little embarrassed. Rest assured, this is normal! But, confusion and forgetfulness that seems to be happening more and more often may be the sign of one of the three Ds, which are common brain conditions in older adults.

In last month’s newsletter, I introduced the condition called delirium. Delirium is an episode of sudden confusion which is often seen when an older person is sick, in the hospital, dehydrated or even sleep deprived. Delirium almost always has a cause. When this cause is appropriately addressed, the delirium gradually goes away. This month, let’s discuss dementia. Dementia is very different from delirium. While delirium has a sudden onset and gets better with time, dementia begins gradually and worsens over time. Delirium is short-term but dementia is long-term.

Dementia is the name for a group of brain illnesses which cause a worsening of memory, talking and the ability to make decisions. The most common dementia illness by far is Alzheimer’s disease. Alzheimer’s gets more and more common with age. By the time we reach our mid-80s, about 1 in 3 of us will have Alzheimer’s disease! Another common cause is vascular dementia. This type can occur after a stroke or from damage to the tiny blood vessels in our brain caused by high blood pressure. Lewy body disease is another very common type of dementia, though it isn’t as widely recognized.

In the early stages, we often can’t tell if a person is going to develop dementia. The memory problem doesn’t seem so bad and we tend to chalk it up to “old age.” But dementia is not a normal part of aging. Eventually, the illness gets to a point where an individual needs help with everyday tasks.

This is an exciting time for Alzheimer’s research, as scientists are working hard to find a cure. Until then, there are some medicines which can help slow down the worsening of the disease over time. At PACE, our participants are regularly screened for dementia and routine blood work helps us find treatable conditions that can mimic dementia. Our IDT team members are dedicated to helping all of our participants maintain their independence for as long as safely possible.

If you or a loved one have concerns about memory and other brain functions, please contact a PACE team member to learn more!

Travel the US @ PACE
Indiana

Next stop, Indiana! 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
Making decisions regarding your health care wishes can be difficult but it can lead to being better prepared in the future. We often find that people have not communicated their wishes because they are uncomfortable talking about dying. It is important to remember that voicing your healthcare wishes are relevant throughout your life and is not a topic that should only be discussed at end of life.

If you become injured or you are unable to speak for yourself, who would make decisions for you?

- A healthcare power of attorney is anyone you appoint, over the age of 18, that you trust to make decisions on your behalf. It is important to appoint a friend or family member who understands and will carry out your wishes. Please have open conversations with your health care power of attorney so they can communicate your health care wishes if you are unable to do so.
- You can use a living will to jump start some conversations with your healthcare power of attorney. A living will is a document that allows you to state your wishes for end-of-life care. You do not need medical experience to complete a living will but it will help you become familiar with medical procedures commonly administered to people who are seriously ill.

Caring Connections is a program in Virginia that is using the following campaign to remind you to L I V E:

- **L** - Learn about options for end-of-life services and care
- **I** - Implement plans to ensure wishes are honored
- **V** - Voice decisions to family, friends and health care providers
- **E** - Engage in personal or community efforts to improve end-of-life care

PACE wants you to L I V E as well which is why we are providing special presentations at the adult day health center for participants and a Health Care Decisions Workshop on April 20, 2017 for family caregivers. Participants and caregivers will have an opportunity to ask questions and complete the necessary forms. We will have a free notary available to notarize documents, by appointment.

If you are unable to attend the presentations but are interested in completing these forms and having them notarized at PACE, please talk with your PACE social worker.
Caregiver’s Corner

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

PACE Community Health Fair
May 6, 2017, 9 am – 12 noon
1471 E. Cone Blvd., Greensboro 27405
Health screenings, exercise demonstrations and food. All are welcome.

COAACH Lunch & Learn
May 4, 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.

Welcome New PACE Faces

Lisa Carter, CNA
Certified Nursing Asst.
Neal Williamson
Driver

SPRING

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.

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

Don’t forget! PACE of the Triad is closed Wednesday, April 19, 2017 for annual staff training day.

Emergency calls to PACE will be handled.
All other calls will be returned on the following business day.