May 2015
Volume 5, Issue 5

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Prebiotics and Probiotics
Activity Calendar and Menu
Both subject to change without notice

PACE of the Triad
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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
May 25, 2015
Memorial Day

July 3, 2015
Independence Day

September 7, 2015

You Matter

A leader once said, “If you don’t stand for something, you will fall for anything.” It’s not hard to miss the different forms of advocacy happening across the country and locally. Webster’s dictionary describes advocacy as the “act of pleading a cause.” Although people are using different ways to advocate for their causes, the goal is the same; to speak up and speak out about something you care deeply about.

Last month, several participants and staff traveled to Raleigh to advocate for services and programs that support the needs of older adults including PACE programs, adult day services, home delivered meals and Medicaid funding. While visiting legislators in Raleigh, Eula Mae Oates said that before she came to PACE, she lived in a nursing home. When her children learned of this, they moved her to North Carolina and later, enrolled her in PACE. PACE helped her continue living in the community with her family, instead of returning to a skilled facility.

PACE Medical Director and Physician, Dr. Robert Koehler attended the National PACE Policy Forum in Washington, DC a few weeks ago. In addition to attending various educational sessions, Dr. Koehler took the opportunity to meet several legislators and staff representatives. He explained how PACE programs benefit participants and caregivers, as well as other aspects.

You (participants and caregivers) matter to PACE. If PACE matters to you, tell a friend, family member, neighbor or others. Word-of-mouth and participant/caregiver referrals help us to reach people in the community who could also benefit from PACE services. I have enclosed a couple of PACE cards with this mailing. I hope you will share them.

I’d like to extend special congratulations to former PACE caregiver, Graylyn Morrison. He was recently honored at the Elder Caregiver Award luncheon sponsored by Triad Retirement Living Association. Graylyn’s wife Willie was a PACE participant for over a year. Graylyn pictured (center) with his daughter (left) and Janet Pennell, PACE Social Worker. More details on page 3.

May is National Older American’s month. Of course, we honor older adults every day at PACE with coordinated health care and support services, including transportation, medications and supplies. We pride ourselves in providing engaging activities, exercise, therapies and special events to keep participants socially connected and mobile.

Reminder: It is important that you report falls that occur when you are not at PACE. Falls are the number one cause of fractures, traumatic hospital admissions, loss of independence and injury-related deaths. Call PACE if you fall at home, injure your head and/or receive a bruise or cut to the skin, or feel sharp or dull pain. If you are not hurt, be sure to report the fall the next day. The fall may be the result of a change in your health that needs medical attention.

PACE will be closed on Monday, May 25, 2015 in observance of Memorial Day holiday. Hopefully the warm temperatures are here to stay!

Ursula Robinson, LCSW, MHA
Executive Director

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Ursula
NOTES from ELLEN

May 12 -16 is Neuropathy Awareness Week

Many of our participants already have neuropathy. Many others are at risk of developing neuropathy. This is a painful condition that can increase the risk of falls, non-healing skin wounds, and other unpleasant things. So let’s be aware. Below is information adapted from the Mayo Clinic.

Neuropathy, a result of damage to nerves, often causes weakness, numbness and pain. This pain is described as stabbing or burning or tingling. It is usually in hands and feet, but can also be in other areas of the body. The peripheral nervous system sends information from the brain and spinal cord to the rest of the body. Every nerve in your peripheral system has a specific function, so symptoms depend on the type of nerves affected.

A number of factors can cause neuropathy, including alcoholism, autoimmune diseases, diabetes, exposure to poisons, medications, infections, inherited disorders, trauma or pressure on the nerve, tumors, vitamin deficiencies, bone marrow disorders, and other diseases such as kidney disease, liver disease, connective tissue disorders and an underactive thyroid (hypothyroidism).

To prevent peripheral neuropathy:
- Manage any medical condition that puts you at risk, such as diabetes, alcoholism or rheumatoid arthritis.
- Eat a diet rich in fruits, vegetables, whole grains and lean.
- Exercise regularly.
- Avoid factors that may cause nerve damage.

Treatments used to relieve peripheral neuropathy pain include:
- Medication and care to treat the underlying condition that’s causing the neuropathy.
- Pain relievers
- Anti-seizure medications
- Antidepressants
- Physical therapy
- Surgery

If you have this condition, do these things to help you manage it:
- Talk with your PACE team about your symptoms and follow advice given.
- Take care of your feet, especially if you have diabetes. Check daily for blisters, cuts or calluses. Wear soft, loose cotton socks and padded shoes.
- Exercise. Ask your doctor about an exercise routine. Regular exercise, such as our activity center exercises, group exercise with our Therapy Department, or walking three times a week, may reduce neuropathy pain, improve your muscle strength and help control blood sugar levels.
- Quit smoking. Cigarette smoking can affect circulation, increasing the risk of foot problems and other neuropathy complications.
- Eat healthy meals. Healthy eating is especially important to ensure that you get essential vitamins and minerals. Emphasize low-fat meats and dairy products and include lots of fruits, vegetables and whole grains in your diet.
- Avoid excessive alcohol. Alcohol may worsen peripheral neuropathy.
- If you have diabetes, monitor your blood glucose levels. This may help keep your blood glucose under control and may help improve your neuropathy.

For more information on neuropathy, go to www.mayoclinic.org/diseases-conditions/peripheral-neuropathy or www.neuropathy.org.

Ellen Smith, RN, BS
Center Manager
Morrison Among Top 10 Caregivers in Triad

Providing care and support to individuals with dementia is often emotionally challenging to caregivers and can be physically taxing as well. Assisting with bathing, dressing, toileting, meal preparation and housekeeping can stifle the motivation for even the strongest caregiver.

Willie Morrison was a busy working mother providing care and support to her disabled adult son and her family. She was shy and reserved, yet very involved in her church and community activities. By her mid-fifties, Willie and her husband Graylyn had been told that she had early-onset dementia. In a few short years, she transitioned from providing care and support to her family, to needing constant supervision to ensure her safety and well-being.

The challenges of providing care led Graylyn Morrison to contact Senior Resources of Guilford for help. He was referred to several adult day programs in the area for assistance.

PACE social worker, Janet Pennell said, “Graylyn never complained; he just adapted. He sought ways to help his wife maintain a good quality of life.” Pennell added, “Graylyn enrolled his wife in PACE so that during the day she was receiving care in a safe, supportive environment. He also changed his work hours to maintain full-time employment to continue to support the family,” said Pennell. “Although evenings were very restless for Willie with an interrupted sleep pattern and constant pacing throughout the home, Graylyn moved furniture and secured the home so she would remain safe,” said Pennell. Sadly, Willie Morrison died February 28, 2015.

In April, Graylyn Morrison was recognized at the Triad Retirement Living Association’s Elder Caregiver Awards luncheon as one of the top 10 caregivers in Guilford County. Over twenty family and professional caregivers were honored for their dedication to providing care and support for seniors.

When asked about his devotion to his wife’s care, Graylyn referenced his faith as a Christian. He said, “I was doing what I was supposed to do. I appreciate everything PACE did to help me and my family.”

Each month we will share comments, quotes or testimonials from a PACE participant or caregiver. Submissions are welcomed. Call Nedra Baldwin, Director of Community Engagement at 336-550-4054 or email nedra.baldwin@pacetriad.org.

Introducing: The Good Bugs in Our Gut - Prebiotics and Probiotics

Lizette Sánchez-Lugo, Ph.D., R.D.N., L.D.N. Registered Dietitian

The gut is a very important organ in our body. It has been called a second brain. The gut has its own nervous system; it contains as many nerve cells as the spinal cord. Seventy percent of our immune activity occurs in the gut. The gut has lots of bacteria. These bacteria are too tiny to be seen without a microscope. Some of these bacteria are good for you while others can cause diseases. The bacteria do not cross the walls of the gut into the blood stream but they affect how the immune, endocrine and nervous system all work on the other side of the gut wall.

Probiotics are live bacteria which give a health benefit to the gut if it is provided in adequate amounts. Probiotics allow the healthy bacteria to grow in the gut while destroying toxins produced by unhealthy bacteria. There are benefits attributed to probiotics. Some include boosting your immunity, lowering the risk of certain cancers, decreasing allergies, reducing the problems associated with inflammatory bowel disease and irritable bowel syndrome, reducing symptoms of diarrhea associated with antibiotic use and aid in the relief of constipation. A decrease of the good bacteria in the gut has been associated with inflammatory states, insulin resistance and obesity.

Fermented foods and dairy products are the most common sources of probiotics. Some examples are sauerkraut, tempeh (a fermented soybean product), miso, kefir, nato and yogurt. When purchasing foods containing probiotics, such as yogurt, read the food label very well. Look for a statement on the label that says that the food contains live active cultures. Select sources that provide the name of the bacteria in the product. Foods may be better than supplements for increasing your probiotic intake in general because they tend to contain a mix of probiotic bacteria as well as other nutrients.

Prebiotics are substances that feed the probiotics, helping them to survive in the gut. Prebiotics enhance the formation of short chain fatty acids (SCFA). SCFA improve the absorption of minerals such as calcium, magnesium and iron. Foods that contain prebiotics are; Jerusalem artichoke or sun chokes, chicory roots, dandelion greens, leeks, whole grains, garlic, onions asparagus, beans, oats, oatmeal, leafy greens, bananas and berries among others.

Start by making small changes to your meal plan by adding a source of delicious prebiotics and probiotics every day. If you have any questions call PACE and ask for the Registered Dietitian.
Caregiver Corner

Participant Advisory Committee

The Participant Advisory Committee (PAC) meets quarterly to share feedback with PACE Executive Director, Ursula Robinson and PACE Board Chair, Steve Fleming. Family caregivers are encouraged to attend. All meetings are held at the PACE Center.

PAC Meeting Dates

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>June 11, 2015</td>
<td>1:00 - 2:00 pm</td>
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<tr>
<td>September 17, 2015</td>
<td>2:00 - 3:00 pm</td>
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<tr>
<td>November 12, 2015</td>
<td>1:00 - 2:00 pm</td>
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Caregiver Education Sessions

Spring Retreat for Family Caregivers

Friday, May 15, 2015
10:00 am – 3:30 pm
Healing Ground Retreat Center, 7628 Penns Grove Rd., Summerfield
Sponsored by Adult Center for Enrichment. RSVP is required for attendance.
Contact Jodi Kolada at (336) 274-3559 or jkolada@well-spring.org.

Normal Aging vs. Dementia

Wednesday, May 27, 2015
10:30 am – 12:00 noon
Beth David Synagogue Chapel, 804 Winview Dr., Greensboro
Sponsored by Adult Center for Enrichment. For more information, contact Jodi Kolada at (336) 274-3559 or jkolada@well-spring.org.

PACE Staff News

New Positions

- Marilyn Webb-McCandies, CNA
  Receptionist
- Tonya McManus
  Transportation Coord. Asst.
- Crystal Pitt, CNA
  Rehabilitation Tech
- Porsha Foust, CNA
  Van Driver

Congratulations

Center Manager Ellen Smith (pictured left with Ursula Robinson) was recognized at the NC PACE Association Annual Conference in Durham. Ellen received the 2015 PACE Team Player Award.

Volunteer Willa Fox, Lindsay Morgan, Medical Records/Clinical Admin and Mary Ann Placey, Nurse Practitioner were also nominated for the Elder Caregiver Award. Willa Fox (right) pictured with Graylyn Morrison at the luncheon.

Melissa Agosto, CNA and Thomas Hilderbrand, a driver for Pelham Transportation were married April 20, 2015.