At My PACE

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I along with other PACE of the Triad staff attended the North Carolina State PACE Association conference in Durham recently. There was a lot of good information shared. I attended two sessions on behavioral health taught by Paula Hartman-Stein, Ph.D. She said exercise is the single most important factor in successful aging. In other words, exercise is medicine and a healthy body equals a healthy mind. Dr. Hartman-Stein said that as we age, we should focus on using time wisely doing things we enjoy. I challenge you to use the services of PACE to exercise your mind and body and develop meaningful relationships with others!

The NC PACE conference provided a couple of reasons to celebrate. I was extremely honored to receive the Dr. Marsha Fretwell NC PACE Trendsetter Award. This award is presented to a person employed by a NC PACE program that “Finds a way to raise the bar and change the world.” I am humbled to be selected and very proud of PACE of the Triad. I am motivated every day by participants, caregivers and staff.

I am pictured above with Tim Clontz, PACE of the Triad board member. Tim received the NC PACE Advocacy Award for his long-standing support of PACE programs in NC and beyond. Tim is a Senior Vice President at Cone Health but also serves on the North Carolina PACE Association board and the National PACE Association board. We appreciate Tim for all that he has done and continues to do for PACE programs.

May is National Older American’s Month. As you know, we celebrate older adults every day at PACE. We celebrate participants painting, making jewelry, playing Bingo or exercising in the therapy gym. It is all important at PACE and worth celebrating. Participant success is our success. We are glad to provide or coordinate medical care and support services for our participants. Thank you for choosing PACE as your partner in healthcare.

Ursula Robinson, LCSW, MHA
Executive Director

Celebrations

Ursula Robinson, LCSW, MHA
Executive Director
Change

They say the only constant thing in this life is change. Change is ongoing, even at PACE of the Triad. In the first 4 months of 2016 we welcomed 26 new participants! We have also added 5 new employees. Thankfully, all participants and staff wear photo name badges. This really helps everyone learn each other’s names.

Adjusting to change takes time and effort. At PACE, we start talking about change before a person joins. We explain how there will be a change in doctors, a change in how you receive your prescriptions and a change in how you receive medical care. These changes are regulated by the state and federal government.

We talk about change at the appointment with the PACE doctor and also during the Center Day visit. This is when we learn more about your medical needs. You learn more about how PACE works. You meet with members of the PACE Interdisciplinary Team (IDT), including the doctor, nurses, therapists, social workers, registered dietitian and the transportation coordinator. You also observe activities and have a meal with us.

PACE is here to meet the medical needs of our participants and to provide a positive place to socialize. As we grow, you may meet different people, sit at a different table or do a different activity. We will talk with you regularly so if your interests and/or medical needs change, we can help you adjust. We enjoy getting to know you better. We like to discover your sense of humor or the quiet way you express yourself. Everyone’s needs are different and sometimes, needs change.

We are glad you are a part of this exciting program and we look forward to helping you adjust to change.

Medicare Survey Update

Participants with Medicare will receive a survey in the mail from Medicare. This survey, Health Outcomes Survey Modified (HOSM), is sent to participants in PACE programs nationwide. The survey is confidential. A pre-addressed envelope is provided. Complete the survey and mail as quickly as possible.

If you need help with the survey, bring the entire packet to PACE. A staff person will read the survey to you and mark your answers. Don’t forget the envelope. The survey has to be returned in the envelope provided.

If you have any questions, ask a PACE staff person.

From Joe’s Desk

Joe Stanley
Center Manager

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 PACE from 1:00 pm – 2:00 pm on the dates listed below.

2016 Meeting Dates

June 3, 2016
September 8, 2016
November 10, 2016

Travel the World @ PACE - Mexico

Next stop, Mexico! What is the primary language? How is the weather? Where is the best place to visit? This month you will experience the culture including food, music and dance.

If you haven’t received your PACE passport, see Robin or Stacy. There are new ways to earn PACE points and stickers for your PACE passport.

Stacy Currier
Activities Coordinator
Healthy Aging Lunch and Learn  
May 5, 2016, 12 noon  
Center for Outreach in Alzheimer’s, Aging and Community Health (COAACH)  
North Carolina A&T State University  
2105 Yanceyville Street, Greensboro, NC 27405  
RSVP to 336-285-2160.

Let’s Move Community Health Fair @ PACE  
May 7, 2016, 9:30 am – 12:30 pm  
Diabetes awareness walk at 9:00 am  
PACE of the Triad  
1471 E. Cone Blvd, Greensboro, NC 27405

Spring Retreat for Caregivers  
Friday, May 13, 2016, 10:00 am - 3:00 pm  
Healing Ground Retreat Center  
7628 Penns Grove Rd., Summerfield, NC 27358  
Sponsored by Adult Center for Enrichment (ACE).  
RSVP to 336-274-3559.

Home & Medication Safety Tips for the Family Caregiver  
Tuesday, May 17, 2016, 10:00 am - 12:00 pm  
Muir’s Chapel UMC Fellowship Hall  
314 Muir’s Chapel Rd., Greensboro, NC 27410  
Sponsored by Adult Center for Enrichment (ACE).  
RSVP to 336-274-3559.

Powerful Tools for Caregivers  
Thursdays starting May 19, 2016, 6:15 pm - 8:15 p.m.  
Well•Spring Services, Inc., 3rd Floor  
3859 Battleground Ave., Greensboro, NC 27410  
Sponsored by Adult Center for Enrichment (ACE).  
RSVP to 336-274-3559.

Save the date – Back by popular demand  
Caregiver Skills Boot Camp @ PACE  
June 14, 2016, 6:00 pm – 7:30 pm  
RSVP to 336-550-4040.

Event Spotlight – CareFest  
Saturday, May 21, 2016

Enjoy a relaxing day of fun for family caregivers of frail and/or impaired adults. CareFest is Saturday, May 21, 2016 at Mount Zion Baptist Church, 1300 Alamance Church Rd., Greensboro.

CareFest begins at 10:00 am with entertainment and a light breakfast. In addition to information and community resources, caregivers will have a chance to connect with others, learn about support options, enjoy lunch, ice cream and prize give-aways.

A special performance of the inspirational stage play, Mama’s Girls will be presented at 3:00 pm. Mama’s Girls is a comedy about 5 sisters from 5 different cities and their plans for taking care of their aging mother. Everything is FREE FREE FREE!!

CareFest – Relax, Relate, Release  
Saturday, May 21, 2016  
10:00 am – 2:30 pm  
3:00 pm - “Mama’s Girls”  
Mount Zion Baptist Church  
1300 Alamance Church Rd., Greenboro, NC 27406

Register by May 13, 2016 by calling 336-333-6981 or go to www.hospicegso.org/carefest. Space is limited so call today.

CareFest is sponsored by GDavis Productions, Mount Zion Baptist Church, Hospice and Palliative Care of Greensboro, Alzheimer’s Association, Creative Aging Network-NC, Senior Resources of Guilford, PACE of the Triad and Well-Spring Services.

2016 PACE Holiday Closures

May 30, 2016 – Memorial Day  
July 4, 2016 - Independence Day  
September 5, 2016 - Labor Day  
November 24, 2016 - Thanksgiving  
December 26, 2016 - Christmas