I am very excited to announce our partnership with the Life Enrichment and Friendship (LEAF) Adult Day Center in Reidsville. The LEAF Center is a licensed adult day health facility that has been in operation for many years. Last month, the LEAF center in collaboration with the Senior Center of Reidsville completed construction of a new 25,000 sq. ft. facility on Washington St. in Reidsville. The building features separate entrances to the LEAF Center and the senior center with some shared gathering space. Eligible PACE participants who reside in Rockingham County will attend the LEAF Center for adult day health program services such as exercise, crafts, socialization, etc. They will continue to receive medical care, therapies, transportation, personal care and medications, from PACE or PACE contracted providers. The LEAF Center is part of Aging, Disability and Transit Services (ADTS) of Rockingham County, Inc., a private, non-profit agency that has been providing services to older adults and disabled individuals in Rockingham County since 1973.

If you haven’t already heard, we are in the process of creating initial plans to expand the physical space of PACE by nearly 9,000 ft. We will use available space within the shopping center (between PACE and the laundromat). It is great news for us, as the need for access to the services and support we provide will continue to increase in our community. I will keep you posted with new developments, as they occur. **As of now, the expansion is not expected to be completed until March 2018. We will notify you when renovations will begin.**

**Continued on reverse**
Continued from page 1

May is National Older American’s month and a time when the accomplishments of older adults are recognized and celebrated. 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. Currently, older adults (age 65 and older) account for 14.9% of the total population in the US (census.gov). That percentage is expected to increase to 20% by 2029! The expansion of our facility and partnership with the LEAF Center is very timely, indeed.

May is also Mental Health Awareness month. Since 1949, Mental Health America (formerly the National Association for Mental Health) used this month to increase awareness of mental health needs, reduce stigmas and share resources. Take a moment to read the mental wellness articles in this month’s issue.

Just a few announcements:

The PACE Center will be closed, Monday, May 29, 2017 in observance of Memorial Day. If you have any questions about services, supplies or medications, contact your Home Care Coordinator RN.

PACE will host our annual community health fair and walk, Saturday, May 6, 2017, 9:00 am to 12:00 pm. The event is free and open to the public. This year, we will have performances sponsored by the Piedmont Jazz Preservation Society, exercise demonstrations, food samples and goodie bags for the first 100 adults in attendance.

Lastly, congratulations to PACE participants who were part of the ARTmail Project (more details inside). A reception to honor ARTmail project participants and debut their art will be held Friday, May 26, 2017 from 2:00 pm to 4:00 pm at the Greensboro Cultural Art Center.

Have a great month!

Ursula

From Joe’s Desk

One is the Loneliest Number

Recently I read about an awareness campaign in Great Britain to highlight the negative health effects of social isolation on older adults. It is called, “One is the Loneliest Number,” a take-off on a popular song from the 1980s. Social contact is an important part of human life. Social isolation refers to not having regular or daily contact with others. Research proves that social isolation can lead to health problems, including early death in older adults.

Loneliness is different than social isolation. You can be around a lot of other people, but still feel lonely. Loneliness is sometimes associated with depression. Loneliness, however, does not seem to have the same health effects as social isolation, such as early death.

Loneliness and social isolation are of great concern at PACE of the Triad. Some older adults suffer from social isolation or loneliness due to the loss of a spouse and/or long-time friends. Others who do not have children or family members who live nearby, may experience signs of loneliness or social isolation. Signs may include, but are not limited to, anxiety, low self-esteem, negative attitude, excessive sleep, lack of sleep and boredom. We also realize that not being able to provide your own transportation or having difficulty moving about on your own, can also result in fewer social interactions.

At PACE, our participants’ interaction with each other and with PACE staff is an integral part of the health care and support we provide. Our Activities Department focuses on creating opportunities for interaction with others as part of the daily PACE experience. Partner and team games and discussion topics promote lively conversation and sometimes debate. Group exercises in Rehab, beach ball volleyball and bowling on the Wii videogame promotes laughter and better health. Many people look forward to lunchtime conversation at PACE and chatting on the van. Connecting with others is important for overall health and we are proud to be part of the connection!
Grief and loss are essential parts of the human experience. We experience losses as we go through our own process of the life cycle and we also witness it among people around us. Losing loved ones, friends, and even certain roles, responsibilities, and skills can be very challenging. In fact, loss brings along emotional and practical difficulties. This can include health problems, loneliness, and changed identity, such as:

- After a loss, the risk for depression, sleep problems, and tobacco and alcohol use is increased.
- Experiences of loneliness and social isolation are related to reduced ability to look after health.
- Loss can create changes in relationships, roles, and even living status, which can add to the stress of a loss.

Yet, balancing both losses and gains throughout life is essential to successful aging, especially given the risks associated with not handling one’s grief. So, here are some practical tips to help you manage experiences of grief and loss:

- **Find a steady support system** – Whether it’s a trusted friend or professional, find someone you can talk to who will listen to your stories about your lost loved one and how you are coping with it.

- **Don’t avoid the pain** – It can be good to feel the emotions related to your grief, like sadness, longing, or guilt. Avoiding the emotions will only make them more intense when felt and will keep you in the grieving process, rather than enter you into the healing process.

- **Write a letter to your loved one** – sometimes grief may continue because of unresolved feelings, thoughts, or words you may have wanted to share with your loved one. So, let them out, tell your loved one! Maybe you feel you can connect to them and just share your feelings out loud. Maybe you would like to write them a letter. Say whatever it is you would tell them if you had one more chance.

- **Create a memorial for your loved one** – plant a garden, write a poem or make a special photo album that reminds you of the special memories and relationship you shared. That way you can remember the person with fondness.

- **Do not neglect your own needs** – grief puts a heavy burden on our bodies, like increasing the risk for depression, disturbing our sleep, and weakening the immune system. So, we must continue to take care of our physical needs, too. Make sure you are eating well and getting enough sleep.

Remember, there is no specific process or right way to grieve. What is important is that you are moving towards self-healing, embracing your emotions and making efforts to continue to live a healthy and satisfied life.
ARTmail @ PACE

Brianne Martindale, MS, LRT/CTRS
Recreation Therapist

This spring, several participants were involved in the ARTmail, a unique art exchange program through a partnership with Creative Aging Network – NC and University of North Carolina at Greensboro. ARTmail uses a cardboard mailing box as a canvas for the art project. Participants use materials such as markers, paint, string, crepe paper and stamps to create their artwork or art story on the box canvas. The box is then packed up so the art is on the inside and sent to group of ARTmail participants at a partnering site. Those participants then add their own art to the box. The art box is returned to the original artist and exchanged other times throughout the 8-week program.

Final art creations will be displayed at the Greensboro Cultural Art Center through June. A special reception to honor ARTmail participants will be held May 26, 2017, 2:00 pm – 4:00 pm, room 203 at the Greensboro Cultural Center, 200 N. Davie St., Greensboro.

The benefits of the ARTmail program include sparking the imagination, learning new skills and connecting with others, just to name a few. The excitement and sense of accomplishment was evident during each art session. We are proud of our ARTmail artists.

Welcome New PACE Face

Leanne Cantrell, MS, RD, LDN
Registered Dietitian

Caregiver’s Corner

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

Caregiver Lunch & Learn
May 9, 2017, 12:30 pm – 1:30 pm
301 E. Washington St., Greensboro
Free, but registration is required.
Contact Christianna Taylor at 336-373-4816 or email caregiver2@senior-resources-guilford.org.

Spring Retreat for Family Caregivers
May 19, 2017, 10:00 am – 3:00 pm
Paul J. Ciener Botanical Garden, 215 S. Main St., Kernersville 27284
Sponsored by Adult Center for Enrichment. Free, but registration is required. Contact Jodi Kolada at 336-274-3559.

COAACH Lunch & Learn
June 1, 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.

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