At My PACE

May 2018
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In This Issue:

Notes from Joe’s Desk
Caregiver’s Corner
Working on a Dream

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Compliance Hotline 336-550-4140
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 28, 2018
Memorial Day
July 4, 2018
Independence Day
Labor Day
September 3, 2018

Nedra Baldwin, Editor

Grateful

Ursula Robinson, LCSW, MHA
Executive Director

I am excited to announce Jacque Williams, RN Clinic Supervisor received the NC PACE Association Award of Merit for Direct Care at the PACE state conference in April. She was recognized for her exceptional work ethic, nursing excellence and compassion for serving PACE participants. Congratulations Jacque for the well-deserved honor.

May is National Older American’s month. This is an annual recognition of older adults and their contributions. Of course, we recognize and celebrate the accomplishments of our participants throughout the year. Today…

• We are extremely grateful that none of our participants were physically harmed during the recent tornado that caused significant damage in Greensboro and Reidsville.

• We are grateful that our building renovations are finally complete. We have begun using the new clinic space, therapy gym and additional activity rooms (more on the activity areas inside the newsletter).

• We are grateful for the LEAF Adult Day Program in Reidsville. LEAF is an alternative care setting for adult day services for our Rockingham County residents. Our partnership with LEAF began a year ago and it is going well.

• We are grateful for the opportunity to enroll more people in our community who need PACE services. The state plans to extend PACE to other counties that are not being served.

• We are grateful that PACE of the Triad employs some of the most compassionate, dedicated and knowledgeable people in North Carolina. We are fierce advocates for seniors and truly enjoy what we do. We have a strong team of talented professionals who strive daily to

Continued next page
fulfill PACE’s mission, “To be a leading not-for-profit provider and employer of choice offering comprehensive care and services to enhance the life and autonomy of older adults.”

Just a few announcements:

PACE will host our **annual community health fair, Saturday, May 5, 2018, 9:30 am to 12:30 pm**. The event is free and open to the public. We will have exercise demonstrations, workshops, a bounce house for kids, food samples and goody bags for the first 100 adults. We are issuing a special challenge this year. The church/house of worship with the most members attending the health fair will win a prize for their pastor/worship leader.

The PACE Center will be closed, **Monday, May 28, 2018** in observance of Memorial Day. If you have any questions about services, supplies or medications, contact your Home Care Coordinator RN.

**Mark your calendars!**

**June 5, 2018** – PACE Family and Friends Open House Preview – 5:00 to 7:00 pm
Participants, caregivers, PACE staff, family and friends are invited to attend a special open house. Refreshments will be served.

**June 19, 2018** – PACE Open House – 10:00 am – 11:30 am – General public invited to tour PACE and learn more about PACE services.

**Ursula**

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**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 1:30 pm – 2:30 pm.

- September 5, 2018
- November 8, 2018

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**From Joe’s Desk**

Joe Stanley
Center Manager

**Weather Challenges**

The tornado that touched down in Greensboro on April 15 touched many lives. East Greensboro was hit especially hard with many downed trees and power lines. Multiple homes were damaged or destroyed. One life was lost when a car travelling on Cone Blvd near PACE of the Triad was struck by a falling tree.

Several PACE participants and their families, as well as PACE employees and their families, were impacted directly by the storm’s damage. We have heard from many of you about your personal experience, and the ways you have managed to keep going. Some stories include the help given by family and friends, and some include very creative efforts to deal with the loss of power and housing. We are always amazed at how a storm of this size will create enormous damage to one house or one street, and leave the next house, next street untouched.

The tornado occurred on a Sunday when PACE of the Triad was closed. There was no damage sustained in our building. Our On-Call service was available as it is at all times the center is closed. Our nurse took a number of calls and PACE was able to provide some temporary housing assistance for participants. We were able to arrange transportation for participants who had relocated to the home of other family or friends due to the storm.

If you are still in need of assistance following the tornado, please contact your PACE Social Worker. Two centers offering assistance daily from 10:00 – 7:00 are Willow Oaks Community Center, 1815 Everitt Street and Peeler Recreation Center, 1300 Sykes Avenue both in Greensboro.

If you are not aware, PACE staff and participants regularly practice fire and tornado drills in the event one of these emergencies does occur while we are open.
Staffing Update

Ellen Smith is back in the Adult Day Health Center again. She is filling in as Coordinator. You may remember that Ellen is a nurse with more than 35 years experience, mainly working with the elderly. She was the Center Manager before she moved to serving as Staff Development Coordinator. You can reach Ellen at 336 550-4051 and Ellen.Smith@pacetriad.org. (Please remember not to send confidential information by email.)

What Time Is It?

SHIFTING TIME!

Sitting all day long may seem relaxing, but it is not good for our skin. Staying in one position too long cuts blood flow to the skin at pressure points. Without blood flow, skin can breakdown. Wounds can happen. These can be hard to heal.

Every hour you are at the PACE Center, you will be reminded to shift your position in your seat. Staff will help you if needed. You won’t need to move much to protect your skin. You just need to shift.

This is a good thing to do at home also!

Working on a Dream

Have you ever dreamed about something grand? You worked hard planning it and probably saved money to do it. Maybe it was moving into a new home, or a wedding, or perhaps a child or grandchild going to college. Do you remember how wonderful you felt when it happened?

Well, that’s where PACE of the Triad is right now! The Adult Day Health Center part of our expansion is complete! And, we are finally moving into the new activity spaces! You are familiar with Activity Rooms 1 and 2 (the large spaces that are currently in use). Now, we have Activity Room 3, which is named the Cardinal room. It is a large enclosed space with a door to minimize noise and distractions. It is a flexible space that will give us more options as we continue to grow. With these three Activity Rooms, we can offer several different activities at the same time.

The Sensory Room is a new space designed to meet the special needs of participants living with moderate dementia and other medical challenges. It is smaller than the current activity spaces and has a more home-like feel to it. The activities are specially selected by our Recreation Therapist based on the strengths and interests of the participants cared for in this setting. The staff has had special training to work in the room. We believe this will enhance the care and support we provide.

We have enclosed two activity calendars with the newsletter. One general calendar for Activity Rooms 1 and 2 and a separate calendar for Activity Room 3.

We will continue to work hard to make our dreams about new Activity Program spaces come true. We invite you to tell us how it’s going - what is working well, and what changes you suggest to make it even better. Contact me directly at 336-550-4051 or send an email. I look forward to hearing from you.

Ellen Smith, RN
Adult Day Health Coordinator
Caregiver's Corner

Lunch and Learn
May 3, 2018, Noon – 1:30 pm
Center for Outreach, Alzheimer’s, Aging and Community Health (COAACH)
2105 Yanceyville St., Greensboro, NC 27405
Call 336-285-2200 to RSVP.
Sponsored by COAACH.

Lunch and Learn
May 10, 2018, Noon – 1:00 pm
Changing Priorities Near End of Life Hospice and Palliative Care of Greensboro
2501 Summit Avenue, Greensboro, NC 27405
Call 336-621-5565 to register.
Sponsored by Hospice.

Spring Retreat for Family Caregivers
May 18, 2018, 10:00 am – 3:00 pm
Bur-Mil Park Clubhouse
5834 Bur Mil Club Rd., Greensboro, NC 27410
Sponsored by Well-Spring Solutions.
Call 336-274-3559 to register.

Making the Most of Your Health Care Experience
May 22, 2018, 6:00 pm – 7:15 pm
Spring Arbor of Greensboro
5125 Michaux Rd., Greensboro, NC 27410
Call 336-274-3559 to register.
Sponsored by Well-Spring Solutions.

Powerful Tools for Caregivers
May 24 and 31, June 7, 14, 21 and 28
6:15 pm – 8:15 pm
Well-Spring Group – 3rd Floor
3859 Battleground Ave., Greensboro, NC 27410
Call 336-274-3559 to register.
Sponsored by Well-Spring Solutions.

Lunch and Learn
June 7, 2018, Noon – 1:30 pm
Center for Outreach, Alzheimer’s, Aging and Community Health (COAACH)
2105 Yanceyville St., Greensboro, NC 27405
Call 336-285-2200 to RSVP.
Sponsored by COAACH.

Welcome New PACE Faces

Regina Cameron, LPN
Clinic Nurse
Kevin Curry
Van Driver
Latisha Striblin, CNA
Certified Nursing Asst.

Don’t Keep PACE a Secret!
If you know someone who could benefit from PACE services who is 55 or older and lives in Guilford or Rockingham counties, tell him or her to call PACE!
A member of our outreach team will gladly answer questions about medical eligibility, services and support.
Call 336-550-4046 for more information.