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PACE of the Triad
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336-550-4040
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

July 4, 2016 Independence Day
September 5, 2016 Labor Day

Protecting Our Elders

Ursula Robinson, LCSW, MHA
Executive Director

Being raised by my grandmother (pictured with me above) influenced my life in so many ways. I saw her sharing meals and food with families who were less fortunate. Volunteering in the church and community to help others was important. When I was a teenager, she required that I use my car to run errands and take older adults grocery shopping. I gained a high level of respect for older adults and their needs. In college, I pursued and obtained degrees in Social Work and Health Care Administration with a concentration on older adults. The rest is history.

Over the years, I have become highly protective of older adults. I know how easily they can be hurt either physically, emotionally and/or financially. Research shows that more than one in 10 elders may experience some type of abuse, but only one in 23 cases are reported. This means that very few seniors who have been abused get the help they need. World Elder Abuse Awareness Day is June 15, 2016. At PACE of the Triad, we focus on person-centered care every day of the year. All of us are responsible to ensure that participants are safe from harm and receive appropriate care either at PACE, with PACE providers or at home. We are obligated to take action if we become aware of any type of abuse. We take elder abuse very seriously. Inside this newsletter, you will find an article written by PACE social worker, Misty Paladino, LCSWA. If you have any questions or concerns, please do not hesitate to contact us.

On July 1, 2016, we will officially begin the celebration of PACE of the Triad’s 5th year of service in the community. This month (June) PACE will be featured in the Guilford Woman magazine. I am excited that more people will learn about PACE and the wonderful things that are happening here. The magazine is free and available in the front lobby of most major grocery stores in the Guilford County.

During the next couple of months, we will continue to gather and share more PACE stories in our newsletter, on our website and other publications. I hope that you will tell your PACE story as it may inspire someone to contact us for services. I know the information would be useful to our lawmakers in Raleigh and Washington, DC as well. We can keep your story anonymous if you choose. Just let us know.

Looking forward to an exciting summer with you!

Ursula
Travel the World @ PACE - Liberia & Nigeria

Next stop, two exciting countries: Liberia and Nigeria! What is the primary language? How is the weather? Where is the best place to visit? This month you will experience the culture of Liberia and Nigeria 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

Participant Advisory Committee
Date Change!

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 10, 2016 – new date
September 8, 2016
November 10, 2016

From Joe’s Desk

Joe Stanley
Center Manager

Fraud, Waste and Abuse, Oh My!

PACE of the Triad is funded and regulated by Medicare (federal government) and Medicaid (state government). There are a number of policies and procedures that we follow to stay in compliance with all regulations. As a participant, these regulations affect you and the care you receive. It is important that you understand so if there is a problem or concern, you feel empowered to let us know.

The government requires all PACE programs to “look out” for possible fraud, waste and abuse (FWA) of government funds. PACE staff have been trained to recognize these types of abuses. This includes but is not limited to services, medical equipment or medicine.

Years ago I assisted a participant in a PACE program in another area who was so worried about running out of her incontinent products that she continued to request more than she needed. She accumulated a supply of Depends in her closet and garage that could have lasted her for a full year! This is considered waste.

Fraud covers a wide range. For example, a personal care aide who does not provide care or services during the time reported on a timesheet is fraud. Being paid for services that are not provided is fraud.

An example of abuse and fraud is a person giving a prescribed medication to someone else to take or sell. This is misuse of Medicare and/or Medicaid insurance benefits. It is also very dangerous when medicines are used by someone other than for whom it was prescribed.

What can you do to help prevent fraud, waste and abuse?

- Follow the doctor’s orders for taking your medications.
- Do not give your medicines to anyone.
- Tell us if you suspect someone is stealing your medications.
- Report an overstock of supplies in your home or equipment that you are not using.
- Contact PACE if your personal care aide doesn’t come on the scheduled days or stay for the full time allotted.

Let’s work together to eliminate problems before they occur. Speak with a PACE staff member or call the Compliance Hotline: 336-550-4140.
Dehydration: A Hidden Danger

Headache, confusion, weakness, dizziness, irritability… all signs dehydration. Dehydration is when the body is losing more water than it is taking in. Some water is lost through regular bodily functions such as sweating, urination and breathing. Dehydration could also be a side effect of medication or other medical challenges such as diabetes or an infection.

With increasingly warm temperatures, you will sweat more and lose more fluid. As we age, we can lose the ability to sense thirst. Sometimes seniors are dependent on caregivers who may not realize they are not taking in enough fluids. The body is mainly composed of water. If the water loss is greater than the water intake, dehydration can and will occur.

Signs of dehydration are not always obvious. There may be thirst, dry mouth or less urination, but did you know about these symptoms? -- confusion, low blood pressure, muscle weakness, constipation, irritability, disorientation, dizziness, dry skin, weight loss, increased heart rate, fever —

The best way to prevent dehydration is to drink plenty of fluids. Plain water is best by far. Other fluids such as sodas, sweet tea or alcohol can make matters worse! A good rule of thumb is that if your urine is not clear (or very, very light yellow) then you are not drinking enough water.

Remember, dehydration can lead to very serious medical consequences. Kidney failure, brain damage, heart problems or death could result. When in doubt, drink a little more water unless your doctor tells you that water should be restricted. When you are outside, sit in a shaded area when you can. If you are in the direct sun, drink water.

Elder Abuse Hurts!

World Elder Abuse Awareness Day is June 15, 2016. The month of June is dedicated to raising awareness of elder abuse all over the world. Elder abuse is physical, sexual or psychological abuse, as well as, neglect, abandonment and financial exploitation of an older person by another person or entity. This can occur at home, in a facility, at the bank or anywhere! Often, there is a trusting relationship when the older person is targeted because of his or her age or disability.

Who is at risk?

Elder abuse affects seniors across all socio-economic groups, geographic locations, educational backgrounds and cultures. Women and “older” elders are more likely to be victimized, as well as, those with dementia and other mental health conditions.

Financial abuse is widespread. There are many scams that target seniors and can fool even the savviest consumers. Do not give out personal information over the phone unless you made the call and you know with whom you are speaking. Never sign forms that you don’t understand.

Neglect and physical abuse is often by someone a person trusts or who provides care. Sometimes the abuser is a family caregiver who can’t handle the pressure and responsibility of taking care of someone.

What you can do as a family caregiver to prevent elder abuse, if you are overwhelmed?

- Request help from family and friends
- Seek respite care
- Use adult day program services at PACE
- Take care of yourself (attending your medical appointments, eating regular healthy meals, etc.)
- Try exercise to relax and reduce stress (stretching, yoga, deep breathing)
- Join a support group
- Attend caregiver skills training
- Talk with a therapist. If needed, get counseling for depression, or drug or alcohol abuse.

If you are being abused, neglected, or exploited, tell at least one person you trust. If you see an older adult being abused or neglected, report it. Everyone can act to protect seniors. We can work together to raise awareness about elder abuse. “Alone we can do so little; together we can do so much.” – Helen Keller
Caregiver Corner

Upcoming Events

Healthy Aging Lunch and Learn
June 2, 2016, 12 noon
Center for Outreach in Alzheimer's, Aging and Community Health (COAACH)
2105 Yanceyville Street, Greensboro, NC 27405
RSVP to 336-285-2160.

Caregiver Skills Boot Camp @ PACE
June 14, 2016, 6:00 pm – 7:30 pm
PACE registered nurse, Jacque Williams and occupational therapist, Elaine Nosal will provide hands-on techniques and practical skills for family caregivers. RSVP to 336-550-4040.

Coping with Grief and Loss
June 15, 2016, 10:00 am -12:00 pm
Women's Resource Center
628 Summit Avenue, Greensboro, NC 27405
Sponsored by Adult Center for Enrichment. RSVP to 336-274-3559.

Rockingham County’s 6th Annual World Elder Abuse Awareness Day
June 15, 2016, 8:30 am – 12:30 pm
The Penn House, 324 Maple Avenue
Reidsville, NC 27320
Pre-registration required. Call 336-342-3331.

5th Annual Elder Abuse Walk, Roll and Stroll
June 18, 2016, Triad Park
9652 W. Market St., Kernersville, NC 27284
9:00 am - registration, vendor fair
10:00 am - opening ceremony and walk
Register for free t-shirt. Forms available at PACE.

Family Caregiver Communication:
Holding a Family Meeting @ PACE
June 29, 2016, 6:15 pm - 7:30pm
Hosted in collaboration with Adult Center for Enrichment, Jodi Kolada, MGS, ACE Director of Caregiver Education and Will Golding MSW, ACE Family Support Specialist will offer tips on how to prepare for and hold a family meeting.
RSVP to 336-274-3559.

Healthy Aging Lunch and Learn
July 7, 2016, 12 noon
Center for Outreach in Alzheimer's, Aging and Community Health (COAACH)
2105 Yanceyville Street, Greensboro, NC 27405
RSVP to 336-285-2160.

Welcome New PACE Faces

Pat Gibbons, RN
Home Care Coord.
Greg Love
Driver
Annetta Mace
Driver
Caroline Mooney, CNA
Certified Nursing Asst.
Megha Shah
Health Information Technology (HIT)

Celebration of Life Ceremony

Each month we recognize and celebrate the lives of PACE participants who have died during the prior month. The obituary is read and participants and staff in attendance share memories and stories.

Starting in June, the celebration will be held during the 2nd full week of each month on rotating days of the week. If you have any questions, contact Brianne Martindale, Recreational Therapist.

2016 PACE Holiday Closures

Independence Day July 4, 2016
Labor Day September 5, 2016
Thanksgiving November 24, 2016
Christmas December 26, 2016