At My PACE

June 2017
Volume 7, Issue 6

In This Issue:

From Joe’s Desk

Caregiver Corner

PACE of the Triad
1471 E. Cone Blvd.
Greensboro, NC 27405
www.pacetriad.org

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

May 29, 2017
Memorial Day

July 4, 2017
Independence Day

September 4, 2017
Labor Day

Nedra Baldwin, Editor

Awareness is the Key

Ursula Robinson, LCSW, MHA
Executive Director

With so much happening in the news lately, it is easy to overlook changes that could affect us here and now. You may have heard about the proposed changes to the Medicaid program recently passed by the US House of Representatives. Funding cuts could harm frail, older adults in every community with changes to programs like PACE, home-delivered meals, medical transportation and other services that seniors need. Now, the US Senate has a chance to affect the American Health Care Act (AHCA). It is important that our Senators hear our concerns about this bill that has already been passed by the House. If you want to help, enter this link in your website browser to send an email letter to Senator Richard Burr and Senator Thom Tillis:

http://cqrcengage.com/npaonline/app/write-a-letter?2&engagementId=350913

Or you can contact each directly by phone, fax or mail:

Senator Richard Burr
www.burr.senate.gov
Phone: 202-224-3154
Fax: 202-228-2981
217 Russell Senate Office Bldg.
Washington, DC 20510

Senator Thom Tillis
www.tillis.senate.gov
Phone: 202-224-6342
Fax: 202-228-2563
185 Dirksen Senate Office Bldg.
Washington, DC 20510

Each year, an estimated 5 million older persons are abused, neglected and exploited according to the American Society on Aging website. Older adults throughout the United States lose an estimated $2.6 billion or more each year due to financial abuse and exploitation. Unfortunately, there are seniors in our community who lose money that they desperately need to pay for basics such as housing, food and medical care. Sadly, strangers are not always the culprit. Safeguard yourself and older adults in the community using some of the tips included in this newsletter. June 15 is World Elder Abuse Awareness Day (WEAAD). Communities around the world use this date to raise awareness of the cultural, social, economic and demographic concerns that influence elder abuse, neglect and exploitation.

Continued on reverse
A Quick Response is Best

Last month, a PACE of the Triad participant tested positive for active tuberculosis (TB). The person did not have any symptoms of TB, but during a hospital visit for an unrelated medical need, the test came back positive.

The PACE team’s response was quick, efficient and professional to help ensure the safety and protection of PACE participants, caregivers, staff and contracted providers. PACE clinical staff met with the Guilford County Health Department immediately upon notification. The health department takes the lead in responding to all TB cases in the county.

PACE identified all participants and staff who could have possibly had an exposure to TB through the participant. They each received a PPD skin test. As you may know, we do PPD skin tests annually on all participants and staff as a precautionary measure.

All PACE participants and primary caregivers were notified by phone or by mail. A TB fact sheet was also mailed. Nurses have been available by phone and in person to answer any additional questions.

The participant is receiving daily treatment from the health department nurse and will not return to the PACE program until no longer contagious.

As of today, I am happy to report that no participants or staff have tested positive due to possible exposure from the participant!

PACE has a thorough Infection Control program that meets all state and federal guidelines. We track respiratory, urinary, skin, eye and all other infections requiring treatment. We look for any trends that would indicate the spread of infection within our program. This information is reported to CMS (Centers for Medicare and Medicaid Services), the agency that oversees PACE.

We are fortunate to have a team of highly-trained professional staff capable of responding quickly and working together to provide the best care to all our participants.

Travel the US @ PACE
Missouri

Next stop, Missouri! How is the weather? Where is the best place to visit? This month you will learn about the history and culture including food, music and fun facts. Don’t miss your travel photo. Enjoy the ride!

Stacy Currier
Activities Coordinator
S – T – O – P … A Special Message for Family Caregivers

Stress is a serious side-effect of caring for a loved one with chronic illnesses. It can impact the caregiver’s physical, emotional and mental health. Research shows that caregivers sometimes age faster, are more likely to experience clinical depression and are more likely to be on prescription medications to deal with their mental and emotional health. In fact, caregiving is known to be so stressful that it’s often studied as a model for chronic stress!

It is essential that as a caregiver, you are making an effort to reduce your stress and take steps towards self-care. To help, we’d like to share a quick and easy way to **de-stress in 30 seconds** using the letters S-T-O-P: S for stop, T for take a breath, O for observe and P for proceed.

‘Stop’ means you are taking the time to do the STOP practice. Break for a split second from your current thoughts or activities.

‘Take a Breath’ means paying attention to your breathing. Find your breath wherever it is most noticeable in your body. It could be in the belly, chest, or nose. Become aware of your breath as it comes in and as it leaves the body. You are not trying to change the breath; you are just noticing it. One or two breaths will usually be enough to help make the connection back to yourself and your body.

‘Observe’ means paying attention to your present moment experience. What is happening in your heart? In your body? In your mind? In your environment? This is a chance to check in with yourself. It’s simple and it’s immediate – find out what is most calling for your attention. Whatever it is may be pleasant, or unpleasant, or neutral. No need to judge, only notice what’s going on right now.

‘Proceed’ means you go back to your normal activity, but now you go back to life with any new knowledge you gained from your moment of mindfulness. Maybe you discovered irritation you did not know was there. Now, you can decide not to let it spill over into your day. As a caregiver, maybe you finally noticed the background noise from the TV and how it may be adding to your stress or cause stress for your loved one. Now, you can turn off the TV. Or maybe you felt tension in your shoulders. Now, you get a chance to soften the tightness. ‘Proceed’ allows you to re-adjust what might have gotten out of balance, both internally and externally.

It’s recommended that you make the STOP practice part of your daily habit or routine. To help, you can put visual reminders in places you know you’ll see them or nearby routines you already have. For example, you can place a reminder on your calendar where you look to your daily schedule or on the bathroom mirror so you see it. You can even cut out the “STOP” sign offered below and place it somewhere!

Additional mindfulness resources include:

- The Caregiver’s Voice – an online resource “bringing caregivers hope and strength with knowledge, support, and humor.” [www.thecaregiversvoice.com](http://www.thecaregiversvoice.com)

- Meditations for Caregivers: Practical, Emotional, and Spiritual Support for You and Your Family by Barry J. Jacobs and Julia L. Mayer – a book published by the AARP, organized themes such as accepting your feelings, knowing your limits, seeking support, and managing stress.

- Frantic World – a series of books and a website related to incorporating mindfulness into daily life to reduce stress and increase happiness. [www.franticworld.com](http://www.franticworld.com)
Beware of the Scam

The National Council on Aging (NCOA) recently released a list of the top scams targeting seniors. Unfortunately, most go unreported because of embarrassment. Don’t let this happen to you. Call 911 or the NC Attorney General’s office to report: 919-716-6500. A few are listed below:

Telemarketing(phone) scams

Pigeon drop – the scammer tells the victim that he or she has found a large sum of money (or won money through a lottery) and is willing to share the money if the person will make a “good faith” payment by withdrawing funds from his or her bank account.

Fake accident/grandchild jailed story – the scammer tells the victim to wire money or use credit card to help a grandchild or other relative who is in the hospital due to an accident or has been jailed.

Fake charity – the scammer calls and requests a donation for a fake charity. This often occurs after natural disasters.

Internet fraud

A pop-up browser window that looks like virus-scanning software will fool victims into either downloading a fake anti-virus program (at a substantial cost). It could also contain an actual virus that gains access to information on the user’s computer.

Email/phishing scams

Email messages that appears to be from a legitimate company (like the IRS), asking to “update” or “verify” personal information can be dangerous. Do not click on emails from unknown or weird, mispelled email addresses. Delete without opening to avoid problems.

There are so many scams. Talk with loved ones about strangers coming to the home offering services, asking to enter the home to check a connection or use the phone.

Caregiver’s Corner

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.

Lunch & Learn at the Lusk Center
Dementia Talk
June 15, 2017, 11:30 a.m. – 1 p.m.
2501 Summit Ave., Greensboro, 27405
Sponsored by Hospice and Palliative Care of Greensboro and Well-Spring Solutions.
Call 336-621-2500 to register.

Elder Abuse Awareness Walk
June 17, 2017, 9:00 am (onsite registration)
Triad Park, 9652 W. Market St., Kernersville 27284

Understanding Medicaid
June 21, 2017, 10:00 a.m. – 11:30 a.m.
Women’s Resource Center, 628 Summit Ave., Greensboro 27405
Sponsored by Well-Spring Solutions.
Call 336-274-3559 to register.

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 p.m.

June 15, 2017
September 7, 2017
November 9, 2017