At My PACE

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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 3, 2015
Independence Day Observance

September 7, 2015
Labor Day

November 26, 2015
Thanksgiving

December 25, 2015
Christmas
January 1, 2016
New Years Day

Celebrating PACE! Happy 4th!

The fourth of July is the birthday of our nation. On the 4th of July, we celebrate and enjoy the freedom that comes with the event that made this day so special. Thomas Jefferson, the author of the Declaration of Independence led a committee that crafted the Declaration. This document declared freedom for the thirteen colonies. Did you know the Declaration of Independence was not signed by all representatives until August, 1776 when John Hancock, President of the Continental Congress signed it?

Today, we enjoy the benefits of the freedom which the framers of the Declaration signed for and ultimately fought to achieve. Happy Birthday America!

Another exciting celebration in July is the 4th anniversary of PACE of the Triad. Four years ago on July 1, 2011, PACE of the Triad opened its doors to our first three participants (Clara Thorn, Martha Jefferson and Sam Fulp.) There were 18 employees caring for these three participants and handling operations. Besides yours truly, I am happy the following staff members are still with us: Ellen Smith, Rena Wright, Robert Koehler, Nedra Baldwin, Marilyn Webb-McCandies, Jacque Williams, Porscha Harvey, Amy Boes and Esosa Dickey. CJ Medical Transportation provided one driver and one van during that time.

Please join me in celebrating the staff of PACE of the Triad for the love and care they show to our participants every day. I really appreciate how they make PACE of the Triad a welcoming place for all who enter. The staff also has a great way of making PACE of the Triad, a place like home for participants enjoying individual and group activities, receiving medical care in the clinic or working hard in the rehabilitation area. Someone once asked me what was my favorite thing about working for PACE of the Triad. My immediate response was “leading a great staff who is committed to treating our participants with dignity, honor and respect! Thank you to the staff of PACE of the Triad. Happy anniversary PACE of the Triad!

REMINDEERS

• Do not bring valuables to the PACE center. PACE cannot be responsible for lost or broken items.
• When on the van, participants must stay secured with the seatbelt fastened for the entire length of the trip. No exceptions.
• The PACE phone is answered after-hours by an automated system. For medical concerns or emergencies, press #1. To cancel attendance or transportation, press #2. To leave a non-urgent message to be returned on the next business day, press #3.
• Label all clothing and other belongings.

Ursula Robinson, LCSW, MHA
Executive Director
Dr. K’s Medical Minute

A New Vaccination To Help Prevent Pneumonia

Vaccinations are one of the greatest successes of modern medicine. Through the use of vaccines, we have eradicated smallpox and nearly eliminated polio. Epidemics of diphtheria are non-existent and when was the last time you heard about someone dying of tetanus? These and countless other success stories are all the results of vaccines.

Another success story you may not be aware of is the success modern medicine has had in reducing illness and death from pneumococcal pneumonia (the most common type of pneumonia affecting older adults). Still there are too many cases of pneumonia that cause illness and death in our older and frail population.

Fortunately, we are getting better at preventing this. We now have available a second pneumonia vaccination that will increase our protection against this common killer. It is very safe with only rare minor side effects such as a sore arm or some aches and pains.

I strongly recommend that all of our eligible participants receive the original and second pneumonia vaccine (called PPSV23). The clinical staff is coordinating this. Let us know if you have any questions.
Dr. K's Medical Minute

Stroke Prevention Tips

Yes! With several days of 95+ degree weather already behind us, I would say it’s not only hot enough, but IT’S TOO HOT! This is especially true for our participants who are aging and losing some ability to protect themselves from the heat. This is partially because of skin changes, body make up changes, the diseases they live with and medications they take. But who wants to sit inside all day in the air conditioning to protect themselves? Most seniors are still getting out of the house and trying to be as active as possible. That’s a good thing, as long as they are careful to protect themselves from the effects of the heat and sun. Following these steps will help provide that protection.

1. On the hottest days, stay inside during the middle of the day when possible. That is when the sun is most intense.

2. Wear lightweight, breathable clothing that protects your skin, even on your arms and legs. Yes, I am saying long sleeves and pants even on the hottest days. A wide brimmed hat will also help. Your skin needs protection from the sun and your body needs protection from the heat.

3. Apply sunscreen BEFORE you go out and every couple of hours while you are out. Look for a sunscreen that protects against UVA and UVB radiation.

4. Drink plenty of fluids. Seniors are less likely to feel thirst and more likely to get dehydrated. Drink 6 - 8 glasses of water a day; more if you are seated in the heat. How do you know if you are getting enough water? If your urine is pale, you are drinking enough. If your urine is dark, you may need to drink more water. **If your doctor has you on a fluid restriction, ask how much water you can drink during a heat wave.**

5. Wear sunglasses or wrap-around glasses that protect from UVA and UVB rays. This can help protect from cataracts and macular degeneration.

6. Are you on any medication that causes increased sensitivity to the sun? Talk with your doctor or home care coordinator nurse.

7. Know the signs of heat exhaustion and stroke.
   a. Heavy sweating OR no sweating, even in the heat
   b. Feeling light-headed and faint
   c. Headache
   d. Flushed skin
   e. Confusion and/or irritability
   f. High body temperature
   g. Fast pulse

8. If you have any of the signs, get out of the heat and drink some water. Place ice on the back of your neck. Call for help. If these symptoms don’t improve within 15 minutes, call PACE or 911 for medical attention. Heat stroke can be life-threatening. Also, watch others around you for these same symptoms and offer or get help.

Yes, it is a hot summer, just as it is supposed to be. Let’s work together to make it a safe summer, too.

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**Notes from Ellen**

**Is it HOT Enough for Us?**

Ellen Smith, BSN, RN
Center Manager
Coping with Chronic Pain - Emotionally

When pain occurs occasionally and is brief, it can be manageable. You take some pain medicine, lie down, and take a break from doing things. You may even get sympathy from loved ones. Usually, you get over it and go on with your life. But, what happens when the pain lasts for days, weeks, months or even years?

What about when the pain medicine isn't enough or the side effects leave you feeling so “drugged” you can't think? Often family members get “tired” of showing sympathy and just want you to “quit whining.” It’s harder to get empathy when an illness is hidden. Your chronic pain may be caused by long-term health issues such as arthritis, cancer, a sprained back, or nerve damage from diabetes. This ongoing pain and lack of support often leads to feelings of depression, hopelessness and isolation.

Cognitive-behavioral research has shown that there are some other things that you can do in addition to your prescribed pain medications to reduce your pain and help you cope.

Try some of these techniques:

- **Get your mind off of it.** Get involved in activities such as crafts, games or volunteering that take your focus off of yourself and your pain. Ask our PACE recreation therapy staff for ideas tailored for you.
- **Get rest.** You are less likely to be able to emotionally or physically manage pain if you are tired.
- **Get good nutrition.** Don’t eat junk food. Help your body and mind by supporting it with good nutrition. Ask our PACE registered dietitian for suggestions.
- **Get education.** Learning about your illness can give you more of a sense of control over your situation.
- **Get exercise.** Research has shown that yoga can be effective in addressing pain. Of course, follow the recommendations of our physical therapy, occupational therapy and clinical staff.
- **Try meditation and/or prayer.**
- **Get support.** Talk with your PACE social worker who is clinically licensed and able to assist you in developing coping strategies. Get connected with a support group specific to your illness.
- **Communicate.** Tell our clinical staff what kind of pain you are having (where, when, type-burning, sharp, dull, throbbing) so they can best assess and provide you with the right care.
- **And if you smoke….** Stop smoking.
- **Use antidepressants if recommended by medical staff.** Depression can add to pain. Though all of the above techniques can help relieve depression, when used in combination with medications, can be more effective. Also, some antidepressants work to help relieve pain.

Resource: National Institute of Neurological Disorders and Strokes

Focus on Quality

Have you ever submitted a comment or suggestion to the Suggestion Box? The Suggestion Box is just one of ways the Quality department monitors participant and caregiver satisfaction. As you know, we conduct surveys throughout the year (the next will be in August). The Suggestion Box is on-going. Participants and caregivers can share comments, suggestions or complaints anonymously if they choose. The Quality department presents the information to the PACE Leadership Team regularly. If the suggestion is signed, the participant or caregiver is contacted to provide feedback. If it is unsigned, we share information during Community Meetings, Participant Advisory Committee Meetings and in the newsletter.

Suggestions discussed at the most recent Leadership Team meeting are listed below:

**Can we listen to music during lunch?**

Unfortunately, this is not possible due to health and safety concerns. Some participants speak so softly that if they needed assistance or began to choke on food, it would be difficult to hear their distress. Music is played at other times during the day in activity rooms.

**Can we add fried fish or macaroni and cheese to the menu?**

We frequently receive requests to add specific items to our lunch menu. It is important to remember that menus are based on an approved diet to help maintain good health. This includes offering a variety of foods with reduced salt and sugar. All suggestions are taken into consideration.

We are committed to quality at PACE. If there is an issue regarding compliance, you may also call the Compliance Hotline: 336-550-4140.