Each year we celebrate the anniversary of our opening, July 1, 2011. Time does fly when you are having fun, especially when you are making a difference in the community. In the past 6 years, PACE of the Triad has provided medical care and support to nearly 400 participants. We have touched the lives of so many more with family caregiver support, education and advocacy.

The next year will be very exciting for us. We will begin a renovation project to expand the size of the building. Of course, as our space expands, it will allow for more individuals to enroll in PACE. I enjoy meeting PACE participants and seeing folks reach their goals, both big and small. It is important for our legislators and the community to hear about the benefits of PACE as decisions are made about support for Medicaid and other services needed by many older adults. We hope you will continue telling family and friends about PACE services.

In addition to celebrating our anniversary, we are also celebrating statewide recognitions recently received by several PACE employees. NC PACE Association presented awards to Nedra Baldwin and Adria Smith at the NC PACE conference in Durham. NC PACE Association is a member organization that supports the development, expansion, success and quality of PACE programs throughout North Carolina.

Nedra is the Director of Community Engagement. She received the NC PACE Award of Merit for Non-Direct Care and was recognized for upholding the vision and dedication of the PACE team.

Adria is the Quality Assurance & Performance Improvement Coordinator. She received the Dr. Marsha Fretwell NC PACEsetter award for the extraordinary impact she made through her work with PACE programs locally, regionally and nationally.

LeadingAge NC recently recognized Lucillia Davis-Durning and Janet Pennell, LCSW. LeadingAge NC is a state aging services member organization that provides advocacy, education and research support. The awards were presented at LeadingAge NC’s annual meeting in Pinehurst.

Continued on reverse
A Quick Response is Best

Hurricane season is upon us. While we hope to avoid the direct impact of hurricanes, we will likely be affected by heavy winds, rains, floods and power outages, resulting from major storms over the next few months. It is always best to prepare in advance for emergency situations.

Here are some recommendations for a Basic Emergency Supply Kit:

✓ Water – one gallon per person per day for drinking, hygiene and sanitation
✓ Food – a three-day supply of non-perishable food
✓ Prescription medications and eyeglasses
✓ One or more changes of clothing, rain gear and sturdy shoes
✓ Blankets or a sleeping bag
✓ Flashlight with extra batteries
✓ Cell phone with charger
✓ Cash and credit cards
✓ Extra set of house keys

Talk with your family and friends about plans to stay in communication if an emergency occurs. Be aware of potential emergency shelters in your area. Pay attention to television, radio and internet weather alerts. It is important to take action before the danger gets too close. Post emergency numbers near your home phone and/or keep a list with you if you use a cell phone, including PACE’s phone numbers: general 336-550-4040 and weather message line 336-550-4150.

Notify PACE if you have been affected by a weather emergency. Check the weather message line for information PACE closure or service interruption due to severe weather. A message will be available by 6:30 a.m.

Being prepared is your best defense against weather emergencies!

Continued from page 1

Lucillia serves as Human Resources Coordinator. She received the LeadingAge NC Emerging Leader award for demonstrating aptitude for and commitment to professional growth as a leader who has assumed expanded leadership responsibilities.

Janet is one of the social workers serving PACE participants and families. She received the Service Excellence award for extraordinary talent, expertise and dedication in providing exceptional service.

All of us at PACE of the Triad are so proud of Adria, Lucillia, Janet and Nedra for their very worthy recognitions.

Left to right: Nedra Baldwin, Adria Smith, Janet Pennell and Lucillia Davis-Durning

There are just a few announcements and reminders:

• I am happy to welcome Rosa Moore, RN to the PACE team as Adult Day Health Center Coordinator. Look inside for more details on Rosa.

• PACE will be closed on July 4, 2017 in observance of Independence Day. If you have any questions about services supplies or medications, contact your Home Care Coordinator RN.

• Although it is quite warm outside, the temperature in the PACE Center is regulated. Some areas may feel cool. Bring a sweater or light jacket so you are comfortable.

Have a great month!

Ursula

From Joe’s Desk

A Quick Response is Best

Hurricane season is upon us. While we hope to avoid the direct impact of hurricanes, we will likely be affected by heavy winds, rains, floods and power outages, resulting from major storms over the next few months. It is always best to prepare in advance for emergency situations.

Here are some recommendations for a Basic Emergency Supply Kit:

✓ Water – one gallon per person per day for drinking, hygiene and sanitation
✓ Food – a three-day supply of non-perishable food
✓ Prescription medications and eyeglasses
✓ One or more changes of clothing, rain gear and sturdy shoes
✓ Blankets or a sleeping bag
✓ Flashlight with extra batteries
✓ Cell phone with charger
✓ Cash and credit cards
✓ Extra set of house keys

Talk with your family and friends about plans to stay in communication if an emergency occurs. Be aware of potential emergency shelters in your area. Pay attention to television, radio and internet weather alerts. It is important to take action before the danger gets too close. Post emergency numbers near your home phone and/or keep a list with you if you use a cell phone, including PACE’s phone numbers: general 336-550-4040 and weather message line 336-550-4150.

Notify PACE if you have been affected by a weather emergency. Check the weather message line for information PACE closure or service interruption due to severe weather. A message will be available by 6:30 a.m.

Being prepared is your best defense against weather emergencies!
Medical Minute with Dr. K

Water, Water Everywhere – Now Hydrate Your Body!

The body is mainly composed of water. Some water is lost through regular bodily functions such as sweating, urination and breathing. If the water loss is greater than the water intake, dehydration can occur. With increasingly warm summer temperatures, you will sweat more and lose more fluid.

Dehydration could also be a side effect of medication or other medical challenges such as diabetes or an infection. Dehydration is also much more common in older adults. When people age they often lose the thirst reflex. Therefore, those at highest risk for dehydration are older adults on medications.

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

The best way to prevent dehydration is to drink plenty of fluids. Plain water is the best choice. Other fluids such as alcohol, sodas or sweet tea 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, definitely drink water.

Dr. Robert Koehler
Physician and Medical Director

Welcome New PACE Face

Rosa Moore, RN joined PACE in June as the Adult Day Health Center Coordinator. She makes sure the day center runs smoothly and remains a place participants enjoy attending. Rosa provides nursing care in the day center and supervises CNAs, activities staff, the recreational therapist and the receptionist.

Travel the US @ PACE
Kansas

Next stop, Kansas! How is the weather? Where is the best place to visit? This month, you will learn about the history and culture of Kansas including food samples, music and fun facts. Most importantly, don’t miss your travel photo!

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.

September 7, 2017
November 9, 2017
Look for the Survey

PACE of the Triad is committed to providing you and your loved ones with the best possible care. As part of this commitment, and to help us better understand how our participants feel about the quality of care they receive, we have hired the survey company, “Vital Research” to interview participants and survey caregivers.

During late July, a survey will be mailed to caregivers. We ask that you take a moment to complete the survey and return it in the provided postage-paid envelope.

In August, the folks from Vital Research are coming to PACE and may ask to interview your loved one while attending the day center. They want to interview participants to find out how satisfied they are with the care they receive.

Participation in these interviews is voluntary. At any time, your loved one is free to choose not to take part. The care your loved one receives at PACE will not change as a result of this decision. There are no direct benefits, nor costs to you for this interview. As a participant, if you would prefer to not participate in this survey, please contact me, Adria Smith, Quality Coordinator at (336) 550-4061 or at the PACE Center to be removed from the survey list.

If you choose to participate in the interview (for participants) or in the mailed survey (for caregivers), everything you say during the interview or on the survey will be kept private. However, if the interviewers learn something during an interview that suggests someone at PACE is being harmed or is at risk of being harmed, they have a responsibility to tell someone who works at PACE about the concern. Your name will not be connected to your answers in any way. The interviewers do not work at PACE or any other PACE program.

If you, your loved one, or member of your family have questions or would like more information, do not hesitate to contact me.

Thank you for assisting us to serve you better and to continuously improve the quality of care for our participants. We appreciate the opportunity to continue to improve our services to you and your loved one. Again, all responses are kept confidential.

Adria Smith
Quality Coordinator

Caregiver’s Corner

Preserving Physical Function in Every Stage of Alzheimer’s
featuring PACE Occupational Therapists
COAACH Lunch & Learn
July 6, 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 register.

Aging with Wisdom!
July 12, 2017, 10:00 – 11:30 am
Temple Emanuel, 1129 Jefferson Rd.,
Greensboro, 27405 (rooms 201-202)
Sponsored by Well-Spring Solutions.
Call 336-274-355 to register.

Mindfulness Workshop
July 13 and 20, 2017, 6:00 – 8:00 pm
The Lusk Center
(across from Hospice and Palliative Care)
2501 Summit Ave., Greensboro 27405
Call 336-621-5565 to register.

Normal vs. Abnormal Aging
July 19, 2017, 10:00 – 11:30 am
First Presbyterian Church, Visitors Center
617 N. Elm St., Greensboro, 27401
Sponsored by Well-Spring Solutions.
Call 336-274-3559 to register.

Lunch & Learn
Identifying and Managing Combative Behaviors
July 25, 2017, 12:30 – 1:30 pm
Senior Resources of Guilford
301 E. Washington St., Greensboro 27401
Call Christianna Taylor at 336-373-4816 to register.

Caregiver Boot Camp @ PACE
(for family caregivers only)
August 17, 2017, 6:00 – 7:30 pm
PACE of the Triad, 1471 E. Cone Blvd.
Greensboro, 27405
Sponsored by PACE of the Triad and Well-Spring Solutions.
Call 336-550-4040 to register.