I am excited to announce Governor Pat McCrory has proclaimed September 2016 as PACE month in North Carolina. This month we will host visits from special guests including the head of the NC Department of Health and Human Services, Secretary Rick Brajer and Division of Medical Assistance (Medicaid) leader, Dave Richards. Local and state legislators and others have been invited to tour PACE of the Triad. Currently, there are 11 PACE programs in North Carolina serving hundreds of individuals in 37 counties. We welcome the opportunity to tell our story. It is our hope, along with the NC PACE Association and its members, that the proclamation will offer another platform to continue to educate lawmakers about PACE programs. This will also increase awareness for ongoing support to allow PACE programs to serve more individuals in the community.

In the July newsletter I shared that the PACE Board had approved a committee to begin a search for a new facility. Since then, the committee has also been asked to do an analysis comparing building a new facility vs. expanding the size of our current facility. I will continue to keep you updated.

September is also Fall Prevention Awareness month. Did you know falls are the leading cause of injury related deaths, unintentional injuries and hospital admissions for older adults? According to StopFalls.org website, one in three older adults fall each year. Falls are a serious issue. We’ve learned that many fall risks can be reduced and falls can be prevented. Several articles in this newsletter share information about preventing falls.

Here are a few important reminders:

- PACE of the Triad Adult Day Health Center and Clinic is closed Monday, September 5, 2016 in observance of Labor Day.
• PACE family caregivers are invited to the next Caregiver Skills Bootcamp, Tuesday, September 20, 2016, 6:00 pm at PACE of the Triad. Learn how to assist with personal care, transfers with or without wheelchair and other caregiving techniques. This event is free but it is only for family caregivers. Call 336-550-4040 to reserve a seat by September 16, 2016.

• PACE of the Triad has a walk team participating in the Walk-to-End Alzheimers, Saturday, September 17, 2016 at Center City Park in Greensboro. More details in the Caregiver’s Corner of the newsletter.

Ursula
Ursula Robinson, LCSW, MHA
Executive Director

Travel the World @ PACE - Italy

Next stop, Italy! What is the primary language? How is the weather? Where is the best place to visit? This month you will experience the culture of Italy 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

From Joe’s Desk

Joe Stanley
Center Manager

Fall Prevention Everyday!

Falls and fall prevention are a major concern at PACE of the Triad. When a participant first enrolls at PACE, a nurse goes to the home to do a Safety Assessment. We do this to identify any potential risks for falls. We look at the entrance to your home and the stairways and railings. We want to be certain we can transport you safely to the PACE center. Inside, the nurse notes if there is a lot of clutter, if the participant can move safely between rooms and if the flooring and rugs are in good shape. We also look at the bathroom to see if equipment is needed, like grab bars or a seat for the shower.

Our Interdisciplinary Team (IDT) reviews everyone’s plan of care twice per year. Part of this review is a Fall Score which tells us if someone is at a high or low risk for falls. This Fall Score is based on the nurse report as described above. We also look at the amount and type of medications taken and how you move or ambulate – either in a wheelchair, with a rolling walker, or with no assistance.

At the PACE Center, everyone’s name tag has a lanyard necklace of either green, yellow or red. This reminds us if you are safe to walk alone (green), should have someone with you (yellow), or should not be walking at all without hands on assistance (red).

What can you do to keep your risk of falling as low as possible?

• Make sure your house is free of clutter and you can move safely to your bathroom, bedroom, kitchen, and to the outside doorways.
• Make sure you are taking all your medications correctly and at the right time.
• If you use a rolling walker, cane, or wheelchair, be sure to use it, even at home.
• Wear shoes that fit and are in good condition. Slides and flip flops are not safe.

And please tell us of any falls you have, so we can check you for any injuries, but also, so we can help prevent future falls.

Participant Advisory Committee Meetings

2016 Meeting Dates

September 8, 2016 – 1 p.m. @ PACE
November 10, 2016 – 1 p.m. @ PACE
High Blood Pressure - 101

High blood pressure-- also known as hypertension affects more than 65 million adults in the United States. Blood pressure is the measurable force that your heart exerts against the walls of your blood vessels. Blood pressure is shown as two numbers (for example, 120 over 80 is written as 120/80 mmHg). The top number is referred to as systolic blood pressure which refers to the amount of pressure exerted each time your heart beats (contracts). The bottom number is referred to as diastolic and measures the pressure in the arteries between each heartbeat when your heart is at rest.

High blood pressure is associated with greater risk of heart disease and stroke. Often, high blood pressure is referred to as a “silent disease” and people who have it often do not show any physical signs or symptoms.

If left without treatment, high blood pressure can cause serious health problems. However, the good news is that in most cases, you can manage high blood pressure by changing your eating habits and exercising more often.

Your blood pressure reading may be higher or lower depending on whether you are excited or sad, if you drink beverages that contain caffeine, or if you are taking medicine. Since one high reading does not mean that you have high blood pressure, PACE will measure your blood pressure at different times to get a reading that is normal for you. You may have high blood pressure or be at risk for high blood pressure if both your systolic reading is higher than 120 and your diastolic reading is higher than 80.

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mm Hg (upper #)</th>
<th>Diastolic mm Hg (lower #)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120</td>
<td>and less than 80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120 – 139</td>
<td>or 80 – 89</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
<td>140 – 159</td>
<td>or 90 – 99</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 2</td>
<td>160 or higher</td>
<td>or 100 or higher</td>
</tr>
<tr>
<td>Hypertensive Crisis (Emergency care needed)</td>
<td>Higher than 180</td>
<td>or Higher than 110</td>
</tr>
</tbody>
</table>

American Heart Association, 8/2014

If you are overweight or obese, have high cholesterol, if people in your family have high blood pressure, or if you smoke cigarettes, you may be at risk. **You can reduce your risk of high blood pressure by eating more vegetables, fruits, and whole grains every day, eating foods with salt less getting at least 30 minutes of exercise most days of the week.** Losing weight, quitting smoking, and regular doctor’s visits are good ways to reduce your risk. Old habits can be hard to break. I can help if you are interested in making changes. Call PACE and ask to speak with the registered dietitian. I look forward to hearing from you!

Kandis Ingram
Registered Dietitian
Improve Balance to Prevent Falls

Good balance is needed to move safely in your home and the community. Many of the balance and fall problems seen in older adults are related to inactivity. Inactivity leads to muscle weakness which is one of the most common risk factors for falls in older adults.

The PACE Rehab Team offers daily exercise groups to help participants become stronger and to decrease the risk for falls. The following exercises can be performed at home if you are unable to participate in PACE exercise classes. If you are able, do these exercises 3 times a week. Do each leg 8 -10 times.

Before starting these exercises make sure the area around you is clear of any objects (chairs, end tables, rugs etc.) If you feel faint, dizzy, or have chest pains stop. Take seated rest breaks as needed. If you normally use supplemental oxygen, use it while performing these exercises. There could be some muscle soreness afterwards.

Do not do these exercises if you have been advised by the doctor or nurse to limit movement due to safety or other health issues. If you have any questions, please ask!

Seated Exercises

1. Kick your leg out straight and then bend your knee so that your foot comes back under the chair
2. March in your chair
3. Bring your leg to the side and then back to the middle
4. Raise up and down on your heels and your toes

Standing Exercises

If you can stand up at the kitchen counter using the sink to hold onto for balance. Perform these exercises wearing non-skid shoes with a phone close by or wearing a PERS (personal emergency response system) if you have one.

1. Raise up and down on your heels and then your toes
2. March in place
3. Kick your leg to the side and then bring it back to the middle
4. Kick your leg back behind you keeping your knee straight
5. Kick your leg behind you bending your knee
6. Squat down and stand back up, making sure to keep your back straight

Meet the PACE Rehab Team

Crystal Pitt, Rehab Tech; Esosa Dickey, Speech Therapist; Elaine Nosal, Occupational Therapist; Kia Robertson, Occupational Therapist; Wendy McIver, Physical Therapist; Amy Stewart, Physical Therapist and seated, Shannon Meyerhoff, WSSU Therapy Student.
Legal Issues in Family Caregiving: Estate Planning
September 14, 2016, 10:30 am - 12:00 pm
Temple Emanuel Social Hall
1129 Jefferson Road, Greensboro, NC 27410. Sponsored by ACE. RSVP to 336-274-3559.

Join the PACE of the Triad Team
Greensboro – September 17, 2016
Register online or at the walk at 9:00 a.m.
The walk begins at 10:00 a.m.
PACE of the Triad Alzheimer’s walk t-shirts must be ordered by September 9, 2016.
The cost is $5.00 for adult small to adult XL. Larger sizes are $7.00 (2xl, 3xl, 4xl). Cash or checks accepted.

Family Caregiver Skills Boot Camp
September 20, 2016, 6:00 – 7:30 pm
PACE of the Triad
1471 E. Cone Blvd., Greensboro, NC 27405
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.

Caregiver Lunch and Learn
October 6, 2016, 12:00 pm – 1:00 pm
Center for Outreach in Alzheimer’s, Aging, and Community Health - NC A&T State University, 2105 Yanceyville St., Greensboro, NC 27405.
RSVP to 336-285-2160.

Medical Minute with Dr. K

F. A. S. T.

You may have heard of the acronym, F. A. S. T., to help with early diagnosis of a stroke. F. A. S. T. stands for Facial drooping, Arm weakness, Speech difficulties and Time. The first 3 (Facial drooping, Arm weakness, Speech difficulties) are the symptoms to be on the lookout for a stroke and the last one (Time) is to urge us to act as quickly as possible.

Many of our participants have had strokes and understand the seriousness of this condition. Many others are at high risk for strokes. We all fear this and rightly so.

However, there are two letters which are not used to spell F. A. S. T. These are “H” and “N”. Symptoms such as having a headache or the feeling of numbness, without other symptoms, are NOT symptoms of a stroke. Everyone gets headaches, even those who have had a stroke before or are at risk for one in the future. Just having a headache is no reason to panic and call 911. Instead, call PACE if you are concerned. It’s the same thing with the symptom of numbness.

So remember, you do not use “H” or “N” to spell F. A. S. T. If in doubt, call or speak to one of our clinical staff to help sort out symptoms and concerns.

Dr. Robert Koehler
Physician and Medical Director