At My PACE

Last year, I was thrilled to announce the proclamation of a statewide PACE month observance in September. Well, this year PACE programs across the US will join us as we recognize September nationally as PACE month. PACE of the Triad will host visits from special guests including the head of the NC Department of Health and Human Services, Secretary Mandy Cohen, MD and local officials and state legislators. Currently, there are 11 PACE programs in North Carolina serving participants in 37 counties. We believe, along with the NC PACE Association and the National PACE Association and its members, that the proclamation will offer another opportunity to educate lawmakers and encourage growth in our state. Working together, we will increase awareness for ongoing support to allow PACE programs to serve more individuals who qualify for and need PACE support. Read the enclosed calendar for special activities this month.

In other exciting news, we have already begun demolition to increase the size of our facility from 18,000 sq. ft. to 27,000 sq. ft. The additional 9,000 sq. ft. is vacant space between PACE (on the shopping center side facing Cone Blvd.) and the laundromat. Don’t expect to see immediate changes for a few months. We are starting construction in the vacant section of the building first so there is no expected disruption, dust or noise. We are business as usual and remain dedicated to providing quality care and support throughout this process. I will share more details about the expansion and renovation in the October newsletter. We are hosting a ground-breaking ceremony Friday, September 15, 2017 at 1:00 pm. Family caregivers interested in attending must call 336-550-4040 to RSVP by Tuesday, September 12, 2017. Space is limited.

PACE of the Triad is partnering with a new pharmacy named CareKinesis. CareKinesis focuses on helping older adults avoid medication problems. Starting in October, CareKinesis will provide a 28-day supply of medication in special bubble packaging for participants. The packaging, referred to as the MAC (medication adherence card) pack card

Continued on reverse
Why Focus on Preventing Falls?

September is Falls Awareness month. Falls are one of the most common, and often most serious injuries that occur for our elders. Statistics show that 1 in 3 persons over the age of 65 fall each year. As we age we can lose overall strength and balance, which can increase the risk for falls and serious injury. Let’s look at factors that can increase our risk for falling and some things we can do to correct them.

• Medications can have side effects like making you tired or increasing your frequency of using the bathroom. **Solution** – Take all medications as prescribed. Inform PACE of any additional prescriptions or over-the-counter medications you have taken.

• Problems with vision and hearing. **Solution** – Inform PACE of any problems you are experiencing with your vision or hearing. PACE can evaluate your need for eyeglasses or hearing aids.

• Shoes that are damaged or do not fit properly. **Solution** - Wear only shoes that fit properly, are sturdy and in good condition, and have non-skid soles.

• Home hazards like throw rugs, clutter, telephone or television cords in walkways. **Solution** – Make sure pathways are clear of clutter, boxes and electrical cords. Make sure to keep clothing and food within easy reach.

• Bedrooms and bathrooms have the highest risk for falls. **Solution** - PACE nurses come to your home at least twice per year and evaluate your need for grab bars or non-slip mats in the shower. If there are frequent falls out of bed, nurses will evaluate for bed rails or an electric bed, if needed.

The most important things you can do to decrease your risk of falls are to eat regular, healthy meals to maintain your energy; drink plenty of fluids to stay hydrated and get regular exercise to maintain your strength, balance and endurance. Follow these tips to help reduce your chances of falling. And, please inform PACE of any falls you have had to allow us to explore changes that can be made to help keep you safe.
**Caregiver’s Corner**

**COAACH Lunch & Learn**  
September 7, 2017, Noon – 1:30 pm  
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.

**Dementia Talk**  
September 7, 2017, 6:00 – 7:30 pm  
2501 Summit Ave., Greensboro 27405  
Sponsored by Hospice and Palliative Care of Greensboro and Well-Spring Solutions.  
Call 336-621-2500 to register.

**Advance Directives Workshop/Lunch**  
September 12, 2017, 12:30 – 1:30 pm  
301 E. Washington St., Greensboro 27401  
Sponsored by Senior Resources of Guilford.  
Call 336-373-4816 to register.

**Legal Issues and Estate Planning**  
September 13, 2017, 1:00 – 2:30 pm  
Christ United Methodist Church  
410 N. Holden Rd., Greensboro 27410  
Sponsored by Well-Spring Solutions.  
Call 336-545-4245 to RSVP.

**COAACH Caregiver Alzheimer’s Support Group @ PACE of the Triad**  
September 18, 2017, 6:15 – 7:15 pm  
1471 E. Cone Blvd., Greensboro 27405  
Call 336-550-4040 to RSVP.

**Fall Festival**  
October 20, 2017, 9:30 am – 3:00 pm  
Emmanuel Senior Enrichment Center  
1401 Healthcliff Rd., High Point 27262  
Call 336-882-6613 for more information.

**Caregiver Education Conference**  
October 28, 2017, 9:00 am – 3:00 pm  
NC A & T State University – Alumni Center  
200 North Benbow Rd., Greensboro 27411  
Registration required. Call 336-285-2165.

**Welcome New PACE Faces**

Terri Coltrane  
Home Care Coord. Asst.

Jeremaine Hamilton  
Driver

Nicole Smith  
Driver

Princess Tarpley  
Intern

September is recognized as PACE Month throughout the US! Join us as we bring awareness to PACE services. Please note: dates and clothing ideas listed below are fun suggestions while attending the PACE Center. **Participation is not required.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Theme</th>
<th>Clothing Idea</th>
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</thead>
<tbody>
<tr>
<td>September 1</td>
<td>PACE colors</td>
<td>(wear green)</td>
</tr>
<tr>
<td>September 7</td>
<td>PACE colors</td>
<td>(wear green)</td>
</tr>
<tr>
<td>September 13</td>
<td>Football jersey or t-shirt (your choice)</td>
<td></td>
</tr>
<tr>
<td>September 28</td>
<td>Wacky Tacky Retro</td>
<td>(represent your favorite decade)</td>
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</tbody>
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**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.

- September 7, 2017 – 1:30 pm  
- November 9, 2017 – 1:00 pm