At My PACE

September 2018
Volume 8, Issue 9

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Caregiver’s 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
WellSpring Services
Cone Health
Advanced Home Care
Hospice and Palliative Care of Greensboro

Holiday Closures
Thanksgiving
November 22, 2018
Christmas
December 25, 2018
New Year’s Day
January 1, 2019

Nedra Baldwin, Editor

September is National PACE Month

Ursula Robinson, LCSW, MHA
Executive Director

As I write this we are experiencing rain and wind from hurricane Florence. Hopefully, the damage is minimal for this area. This is just the start of hurricane season so there could be others that follow. Bill Holder, our Safety Coordinator suggests the following:

- Create an emergency kit that includes first aid supplies, prescription drugs, toiletries and hygiene items, disinfectant wipes, flashlights and extra batteries, a weather radio, cell phone/charger and cash. Blankets, pillows and a change of clothing may be helpful.

- Obtain water (at least 1 gallon per person for 3 to 7 days), a 3-day supply of non-perishable food, a manual can opener, cooking tools and fuel.

- Put important documents in a secure and waterproof bag.

September is celebrated as National PACE month throughout the nation. This year’s theme, “Caring for Caregivers, Caring for You” highlights the role of family caregivers and the support provided by the PACE program. It is a wonderful opportunity to further educate the community about how PACE programs help older adults. We are hosting and participating in several events this month for participants, caregivers, community partners and the public. Three are listed below and others may be found in the Caregiver Corner section.

PACE Proclamation Reading and Open House – September 20, 2018, 10:00 am – 11:00 am – PACE of the Triad – RSVP required.

Family Caregivers Skills Boot Camp – September 20, 2018, 6:15 pm – 7:30 pm – PACE of the Triad – RSVP required.

Understanding Medicaid – September 25, 2018, 6:00 pm – 7:30 pm – PACE of the Triad – Open to the public.
Continued

This month, Elderhaus PACE in Wilmington, NC will celebrate its 10th anniversary. Elderhaus was the first PACE program in NC. Now there are 11 programs throughout the state currently serving over 2,000 older adults. Surprisingly, the number of people currently receiving PACE services in our state and nation is significantly below the number of people who need and qualify for PACE care. There are 64 counties in our state that do not have access to PACE services. Why aren’t more people in PACE programs?

One of the reasons is the need to broaden legislative support and knowledge of PACE programs on the state and national level. State representatives vote on the use of Medicaid funding which affects the growth and expansion of PACE programs. I have good news. Past advocacy efforts have led to an opportunity for existing PACE programs to serve nearby counties without PACE services. This is huge! Not a week goes by when we are not asked if we provide services in Forsyth County. PACE of the Triad will apply to serve Forsyth and other surrounding counties. If we are approved, this will lead to the development of a PACE program in the newly assigned county.

Another reason is the amount of time it takes to join PACE. There are state (Medicaid) and federal (Medicare) regulations that we are required to follow and cannot change. In recent months, however, we discovered a few internal steps that may have caused unintentional delays. Through a series of tests and trial and error, we have eliminated some steps and combined others to reduce the enrollment time. For the first time since we opened in 2011, we were able to enroll a person in less than 30 days to start the program on the 1st day of the month. In the past, it has taken 60 to 90 days or more for some, depending on their situation. We won’t be able to enroll every person in less than 30 days, but we will continue to do everything we can to make it happen within the regulations that we must follow.

If you know of anyone who can benefit from PACE services, have him or her (or the family member) to contact our information line at 336-550-4046. We don’t have a waiting list for any of our services, as of today!

Ursula

Attention Family Caregivers

Join us for a fun and interactive workshop for family caregivers to learn the best techniques to assist with toileting, bathing, dressing, transfers and more. PACE team members including an occupational therapist, registered nurse and social worker will demonstrate safe ways to help your loved one with his or her care without causing harm to yourself.

Thursday, September 20, 2018
6:15 pm – 7:30 pm
PACE of the Triad

Door prizes will be awarded and light refreshments will be served.

For more information or to RSVP, call 336-550-4040.
September is Falls Prevention Month!

Falls threaten the independence of older adults and can cause a landslide of health concerns along the way. Falling is a part of growing older, but PACE would like to partner with you and your loved ones to make sure that we are working together to minimize the number of falls and protect you against injury in the event your loved one should experience a fall.

There are many different reasons that someone might experience a fall. Did you know that medications or even how well hydrated you are could play a role in your risk for falling? PACE’s team of clinical professionals can help you to better understand underlying reasons for your fall and help you develop a plan to prevent future falls.

The best way you can help your care team investigate your loved ones’ falls is to make sure that all falls are reported to our team with as much detail as possible. Some things to include when you report a fall include:

- Date and time of the fall
- What was the participant doing at the time of the fall?
- Did the participant take medications as planned for the day? Were there any new medications taken?
- Was the participant wearing shoes? If so, what type?
- Did the participant have his or her cane/walker/wheelchair? Was it being used?
- Did the participant complain of pain following the fall? What about the day after the fall?
- Did the participant complain of being dizzy just before, during or right after the fall? Did he or she complain about leg weakness or loss of balance?
- Had the participant eaten regular meals or had any water to drink within the last several hours?

These, and any other details are very helpful in assisting our team to develop the best fall prevention plan for your loved one. You can report a fall to anyone on the PACE Team, including our on-call nursing staff. Together, we can decrease injuries from falls in the year ahead!

Participant Advisory Committee Meeting

November 8, 2018

1:30 pm – 2:30 pm
PACE of the Triad Conference Room

Family caregivers are encouraged to attend.
Ask the Dietitian

This is the first of a 3-part column that will appear in the October and November newsletters.

Leanne Cantrell, MS, RD, LDN
Dietitian

What is a Healthy Body Weight as You Get Older?

As you age your nutritional needs change, and some of us end up waging war in a battle of the bulge throughout our adult and senior years. How unfair! Shouldn't we finally be able to forget about our weight and simply relax? Unfortunately, even as a senior, weight management is still important. Maintaining a healthy weight can become more difficult as we age because of changes in our bodies' energy needs and metabolism.

Why is Maintaining a Healthy Weight Harder at 60, 70 or 80 than it was at 30?

It sneaks up on you: One morning it is a little harder to fit into your regular pants, and that extra walk each day just isn't making the scale move down. Even if you haven't changed what or how much you eat each day, your body is changing. It's much easier for older adults to gain weight and much harder to lose it.

Do you feel like you're slowing down a little? You may be right, and your body is too — specifically, your metabolism. Metabolism is your body's process of breaking down food and turning it into energy. When it slows down, you don't use as many calories as you once did, and these unused calories turn into extra pounds.

This means that as you age, your calorie intake should be reduced to prevent unwanted weight gain. Simply put, if you're eating more calories than your body needs as energy to do its work, that scale of yours will start moving up.

What About Exercise?

Exercise can also be more difficult as we age. Health problems, arthritis, and soreness may seem like good excuses to skip exercise but being too sedentary can hurt us in the long run. Research suggests that regular physical activity can help boost memory, improve balance, and prevent depression among people over 65. Next time therapy or a member of the activities department invites you to exercise or come to therapy, say "yes. Your body will thank you.

Welcome New PACE Face

Reneé Olaye, SW
Outreach and Intake Specialist

Important Message Regarding Medicare

October 15 through December 7 is Open Enrollment for Medicare. DO NOT change your Medicare Part D plan or any other Medicare services during this time. This will lead to an automatic disenrollment from PACE and you will lose PACE services.

Remember, PACE is your insurance plan. Other insurance plans may contact you by phone or mail suggesting changes to your Part D plan. These plans may advertise medical equipment or services that you may already have with PACE.

If you have any questions, speak with a PACE Social Worker.
Caregiver’s Corner

PACE Family Caregiver Skills Boot Camp
September 20, 2018, 6:15 pm – 7:30 pm
PACE of the Triad – Activity Room
1471 E. Cone Blvd. Greensboro, NC 27405
Light refreshments and supervision available. Sponsored by PACE of the Triad and Well-Spring Solutions. Call 336-550-4040 to register.

Understanding Medicaid
Offices of Attorney Cheryl David
September 25, 2018, 6:00 pm to 7:30 pm
PACE of the Triad – Activity Room
1471 E. Cone Blvd. Greensboro, NC 27405
Light refreshments and supervision available. Call 336-550-4040 to register.

Caregiver Engagement Fair
September 29, 2018, 8:30 am – 3:00 pm
Mount Zion Baptist Church – East Campus
1301 Alamance Church Rd., Greensboro NC 27406
Call 336-373-4248 to register.

Lunch and Learn: 10 Keys to Healthy Aging
October 4, 2018, Noon – 1:30 pm
Center for Outreach, Alzheimer’s, Aging and Community Health (COAACH)
2105 Yanceyville St., Greensboro, NC 27405
Sponsored by COAACH.
Call 336-285-2200 to RSVP.

Walk to End Alzheimer’s – SAVE THE DATE
October 20, 2018 - Lebauer Park, Greensboro

Caregiver Conference
October 27, 2018, 8:00 am – 3:00 pm
NC A & T Alumni Foundation Event Center
200 N. Benbow Rd., Greensboro, NC 27411
Sponsored by COAACH.
Call 336-285-2200 to RSVP.

Lunch and Learn: Medicare Update
November 1, 2018, Noon – 1:30 pm
Center for Outreach, Alzheimer’s, Aging and Community Health (COAACH)
2105 Yanceyville St., Greensboro, NC 27405
Sponsored by COAACH.
Call 336-285-2200 to RSVP.

Fall Prevention Tips

- Remove rugs and extension cords. Always make sure pathways are clear!
- Provide good lighting (additional lamps, as needed) and use night lights in rooms and hallways.
- If you need glasses, make sure you are wearing them.
- Wear shoes during transfer and walking. Slip proof socks are helpful as well.
- Avoid wet floors.
- Use your safety equipment...cane, walker, wheelchair, transfer boards, bedside commode, urinals. If you are unsure of the proper use, give us a call.
- Pets can be a tripping hazard - even though we love them.
- Take your medications correctly. Never take medications that don't belong to you and let the doctor know if you take an over-the-counter medication.
- Change positions slowly - you could get dizzy!
- If you think you might need to go the bathroom - think about going earlier rather than later. Give yourself plenty of time to get there.
- Always notify PACE when you fall. You are not in trouble....we just want to help keep you safe. 😊

Debbie Parr, RN
Home Care Coordinator
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<td><strong>CLOSED for Labor Day</strong></td>
<td><strong>9:30 MIM: Exercise 10:00 Special Presentation: State of Mind 12:30 BINGO!! 2:30 Easel Art</strong></td>
<td><strong>9:30 MIM: Exercise 10:00 PACE Store 10:00 Colorization for Points 12:30 Who Am I? 1:30 Cinema Sensations 3:00 September Trivia</strong></td>
<td><strong>9:30 MIM: Exercise 10:15 Morning BINGO!! 12:30 The Alderman Duo 2:30 Hangman</strong></td>
<td><strong>9:30 MIM: Exercise 10:30 Arts &amp; Crafts 11:00 Community Meeting 12:30 Blues Performance: Terry VunCannon &amp; Seth Williams 2:30 50 Questions</strong></td>
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<td><strong>9:30 MIM: Exercise 10:15 Morning BINGO!! 12:30 Arts &amp; Crafts 2:30 Celebrating “Swap Ideas Day”</strong></td>
<td><strong>9:30 MIM: Exercise PACE Store 10:00 Colorization for Points 12:30 Remembering 9/11 2:30 Tic-Tac-Toe</strong></td>
<td><strong>9:30 MIM: Exercise 10:00 Celebration of Life 10:30 Name That Tune 12:30 BINGO!! 2:30 Thinking with Tammy: Current Events</strong></td>
<td><strong>9:30 MIM: Exercise 10:00 PACE Auction 10:30 Fortune Cookie Day: What’s Your Fortune? 12:30 Make-a-Word Game 1:30 Cinema Sensations 3:00 Table Ball</strong></td>
<td><strong>9:30 MIM: Exercise 10:00 To Tell the Truth 12:30 BINGO!! 2:30 Pictionary</strong></td>
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<td><strong>9:30 MIM: Exercise PACE Store 10:00 Colorization for Points 12:30 Dear Abby 1:30 Cinema Sensations 3:00 Kickin’ Karaoke</strong></td>
<td><strong>9:30 MIM: Exercise Morning BINGO!! 10:00 Puzzles for Points 12:30 Easel Art 2:30 Preventing Falls Jeopardy</strong></td>
<td><strong>9:30 MIM: Exercise 10:00 Morning Memory Match 12:30 Apple Pie Social 2:30 Fact or Fiction</strong></td>
<td><strong>9:30 MIM: Exercise 10:00 Rockin’ Rhythms 12:30 BINGO!! 2:30 Pepperoni Pizza Day Trivia</strong></td>
<td><strong>9:30 MIM: Exercise 10:30 PACE Store 10:00 Puzzles for Points 12:30 Will it Float? 1:30 Cinema Sensations 3:00 Hangman</strong></td>
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<td><strong>9:30 MIM: Exercise 10:00 Special Presentation: State of Mind 12:30 BINGO!! 2:30 Fall Trivia</strong></td>
<td><strong>9:30 MIM: Exercise 10:00 Health Education: Preventing Falls 12:30 Charades 1:30 Cinema Sensations 3:00 What’s Your Favorite Comic? For Comic Book Day</strong></td>
<td><strong>9:30 MIM: Exercise 10:00 PACE Auction Morning BINGO!! 12:30 Arts &amp; Crafts 3:00 Memory Match</strong></td>
<td><strong>9:30 MIM: Exercise 10:00 PACE Store 10:00 Puzzles/Colorization for Points 12:30 Blues Performance: AJ Diggs 2:30 Today in History</strong></td>
<td><strong>9:30 MIM: Exercise 10:15 Morning BINGO!! 12:30 Celebrating the Day to Ask A Stupid Question 2:30 Easel Art</strong></td>
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**THE HONEYBEE ROOM**

**Fall Prevention Month**

**Daily Schedule**

- 8:00 Morning Snack
- 9:30 MIM: Exercise
- 10:00 Group Activities
- 11:00 Lunch
- 12:30 Group Activities
- 2:00 Afternoon Snack
- 2:30 Group Activity
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<td><strong>CLOSED for Labor Day</strong></td>
<td>10:00 Hidden Object</td>
<td>10:00 Spiritual Study</td>
<td>10:00 Tongue Twisters</td>
<td>10:00 License Plate Game</td>
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<td>12:30 Reach and Stretch</td>
<td>12:30 Backyard Games</td>
<td>10:30 PACE Choir Practice</td>
<td>12:30 Table Relay Games</td>
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<td>1:30 Conversation Starters</td>
<td>1:30 Current Events</td>
<td>12:30 Sit and Be Fit</td>
<td>1:30 Have You Ever?</td>
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<td>10:00 Charades</td>
<td>10:00 Non-Dominant Hand Game</td>
<td>10:00 Alpha Bravo Code</td>
<td>10:00 Memory Test</td>
<td>10:00 Spiritual Study</td>
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<td>12:30 Sit &amp; Be Fit</td>
<td>12:30 Parachute Play</td>
<td>12:30 Table Relay Games</td>
<td>10:30 PACE Choir Practice</td>
<td>12:30 Backyard Games</td>
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<td>12:30 Jazzy Jewelry Club</td>
<td>1:30 Current Events</td>
<td>1:30 The Minister’s Cat</td>
<td>12:30 Reach and Stretch</td>
<td>1:30 Do You Remember?</td>
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<td>1:30 “If I Were….”</td>
<td>2:30 Time Slips</td>
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<td>12:30 Art Club</td>
<td>1:30 101 Uses</td>
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<td>12:30 Jazzy Jewelry Club</td>
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<td>12:30 Art Club</td>
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<td>1:30 Alphabet Soup</td>
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<td>12:30 Jazzy Jewelry Club</td>
<td>1:30 Have You Ever?</td>
<td>12:30 Art Abstraction</td>
<td>12:30 Reach and Stretch</td>
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<td>*Other Activities As Available</td>
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