Happy PACE Month!!

Ursula Robinson, LCSW, MHA
Executive Director

PACE programs throughout the US are celebrating national PACE month. Governor Roy Cooper recently signed a proclamation recognizing September as North Carolina PACE month. This year, the theme focuses on the PACE Care Team: “Many Hands, Many Minds, One Goal.” I am sure that you often hear us mention the team.

PACE is unique. We use the expertise of a team of providers, nurses, therapists, social workers and personal care aides, along with a dietitian, pharmacist, transportation and others to coordinate care needs. You and your family caregivers can meet your individual care team yearly or more often to discuss your health goals and changes. Participants are at the center of the care team. You make it great. How? By keeping communication lines open. By coming to the day center when scheduled. By going to appointments. By making changes when recommended. By following the agreed upon treatment plan. By trusting your care team to help you reach your goals.

Everything centers on you!

We have several activities planned throughout the month. I hope you will join me in PACE Month Spirit Week activities as listed below:

- Sept. 23 (Monday) – I Love NC Day
- Sept. 24 (Tuesday) – PACE Pride Day – wear green
- Sept. 25 (Wednesday) – Wacky WednesDAY
- Sept. 26 (Thursday) – Retro Favorite Decade Day
- Sept. 27 (Friday) – PACE Pride Day – wear green

Be sure to look at the calendar insert for the full schedule of events.

September is also Fall Prevention Month. There are several articles in this issue about preventing falls. Please take a moment to read for your own safety.
Continued…

On August 20th we celebrated the 100th birthday of Ms. Naomi Jenkins. She is pictured here with her daughter, Jean.

We are grateful for every day that we have an opportunity to interact with participants in our program. Since we opened in 2011, we have had the pleasure of providing care and support to over 460 older adults. There are so many others in our community who could benefit from PACE. If you have a family member, friend or neighbor who could use our services, please have him or her to call the Referral Line at 336-550-4046. If they mention your name, you or your loved one will receive PACE points to spend in the PACE store.

Reminders

☐ If you receive a letter or flier mailed from the Department of Social Services with “There is a New Way to Get Medicaid Health Care” at the top, this was mailed to you in error. Your current health plan is PACE of the Triad. PACE provides your primary care and other medical services and supplies. There is no need to contact the number on the letter and make changes. If you enroll in a health plan in NC Medicaid Managed Care, you will automatically disenroll from the PACE program and lose services.

☐ Contact us as soon as possible at 336-550-4040 when you need to cancel your attendance at the day program. This will help drivers to avoid an unnecessary trip to your home. If you are cancelling an appointment, 24 to 48-hour notice is requested so cancellation fees are not charged.

PACE is Pulling for the Ronald McDonald House

Do you use aluminum cans that have pull tabs? Then you can work with PACE to support Ronald McDonald Houses in North Carolina. We are collecting the pull tabs (not the cans, just the tabs) to give to the American Legion (Cone Unit) as part of a state-wide tab collection. These tabs are given to support Ronald McDonald Houses which are temporary “homes away from home” for families of seriously ill children being treated at hospitals near the houses. There are 7 Ronald McDonald Houses in NC: Chapel Hill, Charlotte, Durham, Eastern NC, Vidant Medical Center, Wake Medical Center, Winston Salem.

Everyone who helps with this simple act of collecting pull tabs helps others living with the serious illness of a child. This gives everyone a chance to give back to the community and stay connected. There is a collection box in the activity room for these tabs. Bring them to PACE when you come and drop them in the box.

Who knew such a simple pull tab would help so many? Won’t you Pull for Ronald McDonald Houses with us?

PACE Employee Engagement and Community Outreach Committee

Tabs only, not cans.
Win PACE Points

Do you enjoy receiving PACE points to spend in the PACE Store? Then, show off your knowledge and talents by entering the Fall Prevention Poster Contest. The Activities department will provide the paper and other materials. Just let them know you want to enter the contest. Create a poster that tells at least one way to prevent falls. You can work with a group or by yourself. Decorate the poster anyway you want and make sure your name is on it. Turn in your poster to Ari by September 30 and get 10 PACE Points.

A panel of experts will judge the posters. First, second and third place prizes will be awarded for content and creativity. All posters will be displayed in the main hall through mid-October.

The Falls Committee

PACE Video Update

We are in the process of creating a PACE video for our website and to use in the community. Some of the videotaping will occur in the activity rooms. We are asking all participants (or their caregivers) to complete an Image Release Consent form and return it to PACE. Mark on the form whether you agree (and want to appear in the video) or do not agree (and don’t want to appear in the video). Participants who return the form by September 30, 2019 will receive PACE points. The form was enclosed with this newsletter mailing. Extra forms are available at the front desk.

Caregiver Events

Caregiver Expo
September 14, 2019, 9:30 a.m. – 12:30 p.m.
Roy B. Culler Senior Center, 600 N. Hamilton St.,
High Point, NC 27262 Sponsored by Senior Resources of Guilford. Call 336-373-4816 x240 to register.

Learning About Activities To Do With Loved Ones With Dementia – September 19, 2019,
6 – 7:30 p.m. The Memory Care Center, 2701 Henry St., Greensboro, NC 27405. Sponsored by Well-Spring Solutions.
Call 336-274-3559 to register.

Caregiver Engagement Fair
September 21, 2019, 9:00 a.m. – 2:00 p.m.
Mt. Zion Baptist Church – Sanctuary Entrance
Alamance Church Rd., Greensboro, NC 27406.
Sponsored by Caregiver Connect.
Call 877-926-8300 to register.

Community Resources and Self Care Tips for Family Caregivers - September 26, 2019,
10 – 11:30 a.m., Spears Family YMCA, 3216 Horse Pen Creek Rd., Greensboro, NC 27408.
Sponsored by Well-Spring Solutions.
Call 336-274-3559 to register.

Maintaining Healthy Relationships While Caring for a Loved One
October 2, 2019, Noon to 1:00 p.m.
Lusk Center, 2501 Summit Ave, Greensboro, NC 27405. Call 336-621-5565 to register.

Join the PACE Walk Team
Walk to End Alzheimer’s – Greensboro
October 19, 2019, 9:00 a.m
LeBauer Park, 208 N Davie St.,
Greensboro, NC 27401
Call 336-550-4040 for details.
I’m Not Falling for You!

There is a song called “Falling for You” with lyrics that say --- no let’s save that for later. September is Fall Prevention Month at PACE. An entire month for one topic? Yes, because fall prevention is more than important—it can be life-saving!

Did you know:

- Most falls by PACE participants occur in the home.
- Falls are a leading cause of fatal and non-fatal injuries in older adults according to the Centers for Disease Control.
- A fall is defined as “any sudden, often unexpected change in position, in which the person comes to rest unintentionally on the floor.”
- Some things increase the risk of falling, like the fear of falling, if you have fallen in the past; pain, dizziness, certain medications, dehydration, foot issues, blood pressure changes, walking without the equipment provided to help you (like canes, walkers, wheelchairs), walking bare-footed and depression.
- PACE works with participants and their caregivers to prevent falls by:
  - Providing equipment that will help reduce the risk of falling.
  - Adjusting medications to reduce the risk of falling.
  - Adding medications to reduce risk of breaking bones if there is a fall (if needed).
  - Promoting good vision with vision screening, glasses and cataract surgery.
  - Encouraging strength building exercises at PACE and home.
  - Suggesting changes in your home that will prevent falls.
  - Tracking all known falls to see what causes them so we can keep preventing them.
    - Please make sure to let us know every time you fall. You won’t be in trouble. The information will help us help you prevent future falls.
- You can work with PACE to reduce your chances of falling. How?
  - Take medicines as prescribed and follow our advice for equipment (walker, wheelchairs, canes) use and exercise.
  - Make the changes the home care coordinator nurse suggests, like removing throw rugs, using night lights, using handrails, removing floor clutter, moving cords out of walkways (electrical cords, oxygen tubing) and safe furniture placement.
  - Let PACE know of changes you’ve noticed that may lead to a fall: balance, vision, dizziness; weakness, lack of help in the home, loss of appetite, etc.
  - Tell us when you fall: Date? Time? Location? Activity? Were you using your walking aid, wearing shoes or glasses? Was anyone helping you? Who helped you up? Were you hurt? Did anyone see the fall?

♫ Now back to that song by Colbie Caillat called “Falling for You.” It says, “I don’t know, I may be falling for you, dropping so quickly. Maybe I should keep this to myself, wait until I know you better.”

Don’t be like the lyrics of this song—don’t be falling! But if you do fall, don’t keep it to yourself. Let PACE know so we can work together to keep you safe at home!

The Falls Committee
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<td>10:00 <strong>Morning BINGO!!</strong></td>
<td>10:00 Three of a Kind</td>
<td>10:00 Independent Activity</td>
<td>10:00 Arts and Crafts: PACE Heart Craft</td>
<td>10:00 Scattergories</td>
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<td>12:30 Tools of the Trade</td>
<td>12:30 <strong>PACE Auction</strong></td>
<td>12:30 BINGO!!</td>
<td>12:30 Blues Performance</td>
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<td>2:30 Find the Difference</td>
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<td>11:00 Community Meeting</td>
<td>12:30 Cinema Sensations</td>
<td>12:30 Self-care</td>
<td>12:30 Saran Wrap Game</td>
<td>12:30 PACE SOCIAL</td>
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<td>12:30 Blues Performance</td>
<td>3:00 Hot Potato Trivia</td>
<td>2:30 Pictionary</td>
<td>2:30 Really, Really, Positive News</td>
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**Activities are Subject to Change**
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<td><strong>Labor Day</strong></td>
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<td>10:30-11:30 Cardinal Room is Closed</td>
<td>10:00 BINGO (HB)</td>
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<td>12:30 BINGO (HB)</td>
<td>12:30 Brain Games with Bri</td>
<td>10:30 PACE Choir Practice</td>
<td>10:30 Fall Prevention Poster</td>
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<td>12:30 Relaxing Manicures</td>
<td>1:30 Game Hour</td>
<td>10:30 Non-Dominant Hand Game</td>
<td>1:30 Fall Prevention Poster</td>
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<td>1:30 Art Abstraction</td>
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<td>1:30 “If I Were….,”</td>
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**The Cardinal Room**

10:30-11:30
12:30 Jazzy Jewelry
12:30 Relaxing Manicures
1:30 Conversation Starters

10:00 Relaxing Manicures
12:30 Frisbee Golf
1:30 Activity Stations

10:00 BINGO (HB)
12:30 Brain Games with Bri
1:30 Cinema Sensations

10:00 BINGO (HB)
12:30 PACE Choir Practice
1:30 “If I Were….,”

12:30 Birdhouse Painting
1:30 Game Hour

10:00 PACE Choir Practice
1:30 Dancing with Kayla

10:00 PACE Store (HB)
10:30 PACE Choir Practice
12:30 Wellness Presentation
1:30 Brain Games with Bri

10:00 BINGO (HB)
12:30 Mindful Movement
1:30 Cinema Sensations

12:30 Jazzy Jewelry
12:30 PACE Store (HB)
1:30 Current Events

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