

Happy Holidays

HOLIDAY SEASON AT THE CENTER

Holiday traditions have been affected by the COVID-19 pandemic and PACE is no exception. We've had to modify some of our traditions. We continue to have no visitors at the Day Center, so there will not be our annual Christmas party or Christmas dinner this year. We are doing festive activities throughout the month here at the Center and can also bring activity packets and supplies to your home. Our caterer will provide traditional holiday meals and our dietitians are working on holiday treats throughout the month. We will celebrate Hanukkah traditions with dreidel games and latkes on December 11.

While we may not have the traditional parties, our staff is focused on bringing the joy of the season to all of our participants. The Angel Tree at the Day Center with all participant names still adorns our front lobby. Staff are already in shopping mode! For those participants not currently attending the Day Center, gifts will be delivered personally by PACE staff to the participants' homes. Yes ... Santa knows where you live! ***What hasn't changed is the love and joy we share together. We wish you and your family all the best throughout these holidays!***

Center Directors

Chuck DeGroat, Durham

Jane Venick, Wake

Letter from the Executive Director

The Best Quote for 2020: ***"This is not the year to get everything you want.***

This is the year to appreciate everything you have." ~Anonymous

As 2020 comes to a close, let us take some time to reflect on those things which we find ourselves grateful for. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, we can acknowledge the goodness in our lives. Gratitude is more than feeling thankful; it is a deeper appreciation for someone or something that produces longer lasting positivity. Gratitude is contagious. Here at SCCNC we are grateful for each of you and what you bring to each other and the PACE program. We really appreciate being a part of each of your lives.

Please be mindful we are here for you. If you need anything, please call us at 919-425-3000. Our Clinic is open Monday through Friday, 8:00am to 5:00pm. We always have a Provider, Nurse, and/or Social Worker available to assist you after hours and on weekends.



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Healthy Eating Tips for the Holidays

Your recipe for staying on track no matter what's cooking



1. Create a Plan

You may not be able to control the foods you're served and you're bound to see others eating a lot of tempting treats.

Meet these challenges with a plan:

- Eat close to your normal meal times to keep blood sugar steady
- Invited to a party? Bring a health dish along.
- Don't skip meals
- Enjoy the holiday meal and get right back to healthy eating with your next meal

3. Fit in Favorites

- There is no naughty list for foods
- Choose the ones you really love and can't get any other time of the year
- Slow down and savor a small serving - and make sure to count it in your meal plan

4. Keep Moving

- You have a lot on your plate this time of year – don't let physical activity get crowded out
 - Go for a walk after a holiday meal
 - Break activity into smaller chunks

2. Outsmart the Buffet

- Have a small plate of the foods you like best and then move away from the buffet table
- Start with vegetables to take the edge off your appetite
- Eat Slowly! It takes 20 minutes for your brain to realize you're full
- Avoid/limit alcohol

5. Get your Zzz's

- Sleep loss can make it harder to control your blood sugar – and when you're sleep deprived, you tend to crave high-fat, high-sugar foods!
- Aim for 7-8 hours/night to guard against mindless eating





Look for Holiday Celebration Updates on Facebook at Senior CommUnity Care of North Carolina

A Holiday Blessing for You

HAPPY HOLIDAYS!!

May Peace be your gift during the holidays and your blessing all year through!

May the Good Lord fulfill you with His promises and bestow on you His love.

RECREATION ACTIVITIES DURING COVID-19
Recreation continues to call participants for "Social Chats" to provide an outlet to talk and provide leisure education on activities that can be completed at home.
Bingo takes place every Friday from 1:00pm-2:00pm via zoom.
Book Club—A Man Called Ove Every Wednesday at 1:30pm.
If you need an activity bag with coloring, word games, mindfulness exercises, and at-home exercise programs to help ease anxiety and concerns during this pandemic, be sure to let Debbie know by calling 919.425.3000.

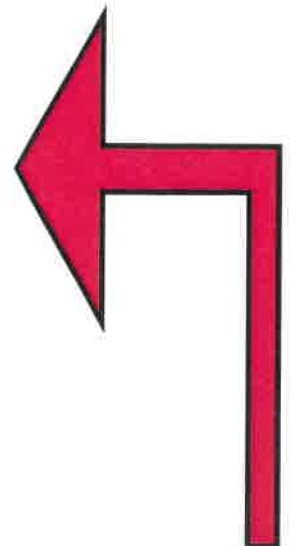
Quality Corner

After months of hard work, Senior CommUnity Care of North Carolina PACE is excited to announce the launch of our new website. Our goal with this project is to provide our participants, their families, and community partners an easier way to learn about our services and stay updated with what's new at PACE.

New features contained in our website include:

A meet the team section, integrated social media links and PACE explainer video, online referrals, a PACE eligibility tool, digital newsletter, online grievance and appeal options, updated menus, activity calendars and so much more.

We hope to enhance your online experience by providing you with new and convenient ways to connect with our PACE staff and the valuable work we do!



VOANS
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Phone: 919.425.3000
Fax: 919.425.3001

A PROGRAM OF ALL-INCLUSIVE
CARE FOR THE ELDERLY

Postage
Information



Enrollment Team

Senior CommUnity Care of North Carolina is actively enrolling new participants and has made necessary changes to our process in order to keep our potential participants and their families safe during this pandemic.

WWW.SENIORCOMMUNITYCARENC.ORG

Bingo Every Friday 1:00pm-2:30pm

Call in 1-929-205-6099

Meeting ID 930 3873 7312

Book Club Every Wednesday: 1:30pm-2:30pm

Call in 1-929-205-6099

Meeting ID 975 4393 2514

Book Club: A Man Called Ove

In this novel, a lonely and sad old man hides behind a grumpy exterior, leading his neighbors to call him the bitter neighbor, but it all changes when chatty young neighbors with young children move next door to him. At times funny and at other times breathtakingly heartbreaking, A Man Called Ove explores the power of intergenerational friendship and makes us want to love our neighbors a little bit better.

No need to purchase this book. Recreation Therapist will be reading out loud on the zoom call.

Activity packets and BINGO cards available to be sent to the home. If interested please contact Debbie at 919.425.3000 or dsawyer@voa.org

Looking for a Room to Rent?

Do you want to share your home and living expenses?



Let your Social Worker know and we may be able to help you find a potential roommate.

From time to time we have participants in need of housing.

SCCNC cannot provide legal counseling or contract services, but we can help you make the first connection.

SCCNC is

Hiring
C.N.A.'s

If you or someone you know is interested in applying, call

Human

Resources at
(919) 425-3000