

THE TURNING LEAF

February 2010



Vision Statement: Piedmont Adult Living Services, Inc. is a fiscally responsible, culturally competent organization dedicated to meeting the health, psychological and socio-economic challenges of the elderly and impaired adults.

Welcome to PALS New Board Members

Evelyn Gerdes



Mrs. Gerdes is a graduate of ECU. She worked in the CMS system from 1961 to 1991. While in the school system she was a teacher, curriculum specialist, principal of Beverly Woods Elem. & AG Jr. High School. She also was an Area Superintendent in the North/West Area. Upon retirement she became a lecturer at Davidson College and also serves as the Director of Davidson's July Experience Program, academic three-week program for rising junior & seniors in high school. She has two step-daughters and a grandson and granddaughter. Her deceased husband, Phillip, served on the PALS board for many years.



Constance Finch

Mrs. Finch lives in Monroe, NC. She was a federal government employee until she took early retirement after 25+ years. She worked for the U.S. Equal Employment Opportunity Commission as a Senior Investigator and the U.S. Information Agency in Washington, DC. She is presently employed by Residential & Support Services as Project Coordinator for First In Families of Mecklenburg. They provide financial assistance and other resources to individuals and families with developmental disabilities, as long as they are residents of Mecklenburg county. She is the mother of two adult children and one granddaughter. She is also the "baby sister" of the late Judge Clifton E. Johnson.

Activity & Program

Highlights for February 2010

- 3rd: Diabetic Support
- 5th: Our Hearts—
Wear Red Day
- 8th: Roger Penny
"Boy Scout Speaker"
- 18th: Black History
"Wear Costumes"
- 24th: Birthday Celebration
- 26: Crown the King & Queen

Old age is not so bad when you consider the alternative.

Maurice Chevalier

Advanced Health Care Directives

An advanced health care directive, sometimes referred to as a "living will", is a written document declaring the type of extended medical care you desire in the event that you become incapacitated. This is the best way to make your medical & health care wishes known and to insure that those wishes are followed. Without an Advanced Directive your family may act on their own accord rather than yours. Your doctor is required to follow the written instructions contained in your Advanced Directive.

A lawyer is not required to help complete this form and it is valid forever, unless it contains a predetermined expiration date or it is specifically revoked by you in writing. You should make sure that the directive is properly signed,

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PALS King and Queen Contest

As a way of having some winter fun and creating healthy competition, PALS is holding a king and queen contest. The following 4 men and 4 women have volunteered to run against each other: Lucille Curtis, Sandra Kuykendall, Carolyn Landrus, Edward Brown, Russell Harris, Sylvester Harris and Willie Ware. Money may be dropped into your favorite participant's container. Monies raised will be used for PALS programs. Contest ends Thursday, February 25th. Winners will be crowned on Friday, February 26th.

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SPOTLIGHT ON GUEST SPEAKER: Thomas L Clark

On January 19th, PALS was honored to have Thomas L. Clark as our guest speaker. He gave a very informative talk concerning Martin Luther King, Jr. He spoke of all the struggles of the Civil Rights Movement. The participants were impressed that he had actually shaken Rev. King's hand. He spoke about how it was to attend college in the south during that time period, after living in upstate New York. He attended Kentucky State College and graduated from the State University College at Buffalo, and took graduate business courses at Canisius College in Buffalo, NY. He was president and CEO of Carver Federal Savings Bank; and Deputy Superintendent of Banks and Secretary to the Banking Board for the New York Banking Department. He is presently a member of the Westchester County Transportation Board and serves as a member of the Federal Reserve advisory board.



Activity Corner



Romel Hines & Sandra Dean

PALS Participants

Bring in the New Year



John Wentz



Eddie McIlwain



Janet Kovel



Director Bettye Mills & Willie McGee



Willie Mae White



Ellen DeToma

Everyone Enjoys Arts and Crafts



Busy, Busy, Busy!!!

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dated, and preferably notarized and witnessed by two adults, each of whom should not be a person who is designated as your Health Care Agent. Keep the original with your important papers. Give a copy to your family, doctors, health care provider and appointed Health Care Agent.

You are free to revoke your advanced health care directives at any time.

A Health Care Agent is a person that you appoint to act on your behalf to see that your directives are made known to your doctor. Anyone over the age of 18 and is not your doctor may be appointed as your Health Care Agent. Your agent has the legal authority to speak for you regarding your health care matters. Your agent will be able to accept or refuse medical treatment on your behalf. When you become incapacitated your agent is required to make decisions that are consistent with any instructions you have set forth in your Advanced Directive.

Your designated Health Care Agent is not responsible for your medical bills unless that person would otherwise be responsible for debt such as a spouse or guardian.

Health Corner

Winter Safety Tips for Seniors

Home Heating Safety: More home fires happen during the winter months than any other time of the year. People aged 65 or older are 3 times more likely to die or be injured in a home fire as those younger.

- ◇ Install smoke & carbon monoxide detectors on every level of the home and check the batteries every month and change them at least once a year.
- ◇ If you're using a space heater remember that space heaters need space. Keep anything that can burn at least three feet away from the heater and use one that automatically shuts off if the heater falls over.
- ◇ If you use a wood burning fireplace make sure you have a glass front or screen large enough to catch flying sparks and rolling logs and have the chimney flue pipe checked yearly.
- ◇ Get an ABC multipurpose fire extinguisher for the home.

Indoor Tips:

- ◇ Check the lighting in your house. Make sure there are no great contrasts from one room to another, because older people have difficulty adjusting to changes in light and high contrasts increase the risk of slips and falls. Also use night lights and don't have loose extension cords lying around.
- ◇ Keep thermostat set to at least 65 degrees to prevent hypothermia.
- ◇ It's best for seniors to stay indoors as much as possible.

One third of all adults over age 65 fall each year. Winter conditions are the most hazardous time of the year.

Welcome:

Freda Williams
Lurie Powell

Goodbye:

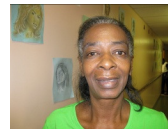
Cordelia Blair
Walter Ham
Janet Kovel
Caridad Lopez-Misa

Barber

If your loved one gets their hair cut at PALS please send a donation for the barber.



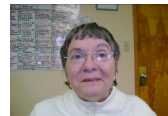
FEBRUARY BIRTHDAYS



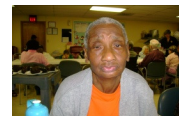
Vickie Baxter



Ellen DeToma



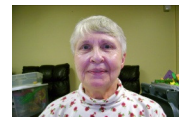
Judy Ewing



Sarah Harrison



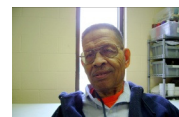
Connie Jones



Carolyn Landrus



Collie Raley



Willie Ware

PALS Pictures

Be sure to visit our webpage:
www.palscare.org
to view PALS activity pictures just
click on the link.

