



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on.

The Pender-Topsail  
**POST**  
& Voice

April  
2019



Come by and see us at Fitness Fusion. We have new products we would like to show you.

## Warning; humor may be hazardous to your illness

By **Ellie Katz**  
Special to *Pass It On*

To celebrate National Humor Month, following is a list of reasons why laughter really is the best medicine

- Natural pain killer! - Laughter releases endorphins creating a momentary euphoria. Endorphins attach to the same receptors in the brain as opiates, making laughter a natural pain killer without the negative side effects.

- Natural mood lifter - Along with endorphins, other neuropeptides and neurotransmitters, like dopamine, are released. This has the effect of a "joy" cocktail on the body, enhancing feelings of happiness, tolerance, generosity, compassion and love.

- Improves brain function - Laughter also releases neurotransmitters that enable your brain to function faster and make connections more rapid, improving clarity, memory and understanding.

In addition, the process of laughing increases the amount of oxygen flowing to the brain which is crucial to brain health.

- Reduces blood pressure and improves circulation - Studies have shown that a good belly laugh initially increases blood pressure but that rise is followed by a decrease to below normal resting blood pressure, improving circulation.

- Fights cancer, and asthma, and rheumatoid arthritis, and allergies and many more diseases and infections - Laughter stimulates development of antibody cells improving the

body's natural ability to fight illness and infection. Laughter has also been shown to decrease the levels of some stress hormones. This further strengthens the immune system since high levels of stress hormones can have a harmful effect.

- Improves sleep quality and prevents insomnia - Laughter has been clinically proven to cause the body to produce more melatonin, which is responsible for regulating the sleep cycle. A lack of melatonin leads to insomnia.

- Increases social connections and improves relationships! - We all know that laughter is contagious. Shared laughter helps strengthen the emotional connection between people, building trust and closeness. Laughter is a key tool for keeping relationships healthy and fresh.

- Promotes natural exercise and healthy diet choices - It is impossible not to wiggle when you giggle! Laughter engages the body's core muscle groups and diaphragm as well as various other muscle groups in the body.

That's why you can literally "laugh til it hurts". Studies have also shown that when people feel good (see all the above benefits) they tend to make healthier food choices.

So there you have it! In the words of Mary Pettibone Poole,

"He who laughs, lasts."

Need to up your laughter quotient? Find numerous resources and tips at: [www.humormonth.com](http://www.humormonth.com)

## RSVP News

By **Barbara Mullins**  
RSVP Coordinator

This was the sixth year the Retired Senior Volunteer Program participated in the Surf City Business expo and each year gets better.

More than 200 people stopped at our table and were greeted by awesome RSVP volunteers: Tyra Carmichael, Bill Kozel, Sue Stiltner, Kirk Binning and Barbara Mullins. We had a table full of information on activities at our Senior Center, Senior Health Insurance information (SHIIP), programs RSVP volunteers are involved in, transportation, nursing care assistance, etc.

RSVP volunteers received a few requests for help with

respite care, handed out lots of SHIIP info; and best of all we had 17 people sign our sheet that they would be interested in volunteering locally in our County. **Eight of these have already committed** and background checks completed - so we are ready to roll.

We are excited our RSVP family is growing so we can meet the needs of our community.

I enjoy doing presentations and bringing this information to our community. If you belong to a civic organization, a church group, or a school, please call and set a date for a presentation with your group. Contact us at 910-259-9119 (ext 329) or [bmullins@penderpas.com](mailto:bmullins@penderpas.com)



Tyra Carmichael, Bill Kozel, and Barbara Mullins shared information with participants about RSVP and agency programs at the Surf City Expo.



Topsail Senior Center clients enjoyed a Fat Tuesday pancake brunch. They made masks for the party.

## Topsail Happenings

By **Donna Murphrey**  
Topsail Senior Center

What a miracle of nature to see the beautiful flowers and trees budding out for spring. We celebrated Shrove (or Fat) Tuesday here at Topsail with a pancake and sausage breakfast thanks to Jennifer Mathews and Laura Newton for flipping all those pancakes.

Tuesday, Mar. 19 we participated in Colon Cancer Awareness Month with a presentation provided by Pender County Health Department on colon health. We appreciate the time they spent with us and the goody bags they provided were great.

The center has been very busy with AARP here providing tax assistance to our community. I would like to thank those AARP volunteers who come in every Monday and Wednesday afternoon and have assisted so far more than 400 people in our area. Just a reminder that April 15 will be the last day for their assistance and an appointment is needed.

The beginner's Tai Chi class is moving along; however, it is not too late to join so come on in next Wednesday at 9:30 a.m. Those of you who may work on Friday during our line dancing class at 11 a.m., just a reminder we also have a night

class at 6 p.m., please call for more information about this and other activities we have at our center.

We would like to invite everyone to our Silent Auction, Blue Grass and Barbecue, Thursday, May 2. Tickets are available at the center, for more information give us a call at 910-270-0708.

We have lots of wonderful things for auction donated by local businesses and people in the area. Middle of the Island Catering will be providing the meal and Folkstone String band will be providing the Bluegrass. We hope to see you there!

## Transportation News

PAS-TRAN is now hiring Part-Time Drivers

Applications available at  
901 S Walker Street

Weekdays only

Call 910-259-9119 X press 1 for more information  
PAS-TRAN is accepting New Senior (60 & up)

Nutrition riders for both Heritage Place in Burgaw and  
Topsail Senior Center in Hampstead.

Rural General Public rides for Grocery  
Shopping, College Educational, Employment,  
and Medical visits and needs, in county and out of  
county are also available. New service available to  
Jacksonville and Wallace-Rose Hill.

Call for more information and reservations.

**Please Call 910-259-9119 Press 1**

**TDD/TTY 1-800-735-2962**

**Monday thru Friday**

*Certain restrictions apply for trips and Medical appointments.  
Services may be interrupted if funding is not available.*

## Are the high costs for prescription drugs at your pharmacy creating a burden on your finances?

It's easy to qualify for our Prescription Assistance program.

If you are...

- A United States Resident
- Do not have Medicaid to cover outpatient medications.
- Have income, but still, can't afford your medications.
- Have insurance, but have a high deductible, or can't afford your co-pay.

**Questions? Give us a call.**

**910-259-9119 Press 5**



Special thanks to Pender County Health Department for leading our Get Your Rear in Gear event at Topsail Senior Center. March was Colorectal Cancer Awareness month.

### Pender Adult Services HAT PROJECTS

Baby Hats -Donated at Betty Cameron Women's Unit  
 CHEMO HATS for MEN (& women)- Donated to Zimmer Cancer Center  
 Children's Hats for Orphans

**You do not have to be in one of our groups to participate.**

Please drop off hats at Heritage Place! Our Heritage Place Crochet group meets Tuesday morning from 9:30 a.m. until noon. Our Heritage Place Knitting group meets Tuesday afternoon from 1-3 p.m. We knit at Topsail Wednesday mornings from 10 a.m. until noon. We are glad to teach you how!!



Topsail Senior Center  
 20959 US Hwy 17  
 Hampstead, NC 28443

# Topsail Silent Auction



**Thursday, May 2nd, 2019**  
**6pm - Topsail Senior Center**  
**Tickets: \$20 per person**  
*an evening of Bluegrass & Barbecue to benefit*  
*Meals on Wheels & Topsail Senior Center.*



Catering by **MIDDLE OF THE ISLAND CATERING CO**

- April is National Humor Month**  
 7 ways to make yourself **HAPPIER** every day:
- SMILE OFTEN
  - STOP COMPLAINING
  - PRACTICE GRATITUDE
  - ENJOY ART
  - PET ANIMALS
  - BE HEALTHY
  - BE POSITIVE

## Pender Adult Services Class Schedule

### Heritage Place Opportunities

Phone: 910-259-9119

Monday 8:00—7:00	Tuesday 8:00—5:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:30 Art Class 12:00 Meals 1:00 Bid Whist 1:00 Canasta 6:00 Line Dance	9:00 Crocheting 9:00 RSVP Perks (1st) 10:30 Group Walk 11:00 Geri-fit 12:00 Meals 12:30 Pinochle/ 1:00 Rummikub 1:00 Quilting Group 1:00 Knitting Group	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support (2nd)	9:30 RSVP Card Class (2nd) 10:00 Jewelry 10:30 Group Walk 11:00 Geri-fit 11:30 Caregivers Group(4th) 11:30 Health Checks (4th) 12:00 Meals 1:00 Rummikub/ MEX TRAIN 3:00 Craft Club	11:00 Bingo 12:00 Meals

**Saturday—closed**  
 Facility Available  
 For Rentals

Phone: 910-270-0708

### Topsail Senior Center Opportunities

Monday 8:30 am—5:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—5:00 pm	Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm
9:00 Art Group 10:00 Modified PILATES 12:00 Meals 2:00 Zumba Gold 1:00 Tree Top Quilters(2nd) 3:00 Hospice Trg (2nd)	9:00 Baskets & Cribbage 9:00 Geri-Fit 10:00 Senior Crafts & fun 12:00 Meals 2:00 Gentle YOGA 3:15 Advanced Tai Chi 6:00 Line Dancing	9:00 Quilting Bee 9:00 RSVP Perks (1st) 9:30 Beginning Tai Chi 9:30 Knitting Group 12:00 Meals 1:00 Canasta & Bridge 2:00 Rummikub	9:00 Geri-fit & Cribbage 10:00 YOGA 10:00 Bingo 11:15 Beg. Tai Chi 12:00 Meals (BP Checks-3rd) 1:00 Quilting/Mahjong/ BRIDGE/Dominos	11:00 Line Dance 12:00 Meals

Caregivers Support \*\*  
 \*\*Call for info

Saturday –Facility  
 Available for rentals

### Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Monday Open 5:00—8:00	Tuesday Open 5:00—8:00	Wednesday Open 5:00—8:00	Thursday Open 5:00—8:00	Friday Open 5:00—9:00
5:30 RPM Cycling 8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 5:30 BODYPUMP	5:30 RPM Cycling 8:30 Cardio Fit* NEW 9:40 YOGA 10:45 FIT OVER 50 5:30 BODY ATTACK 6:30 RPM Cycling	7:00 RPM Cycling 8:30 BODYPUMP 9:50 PILATES Massage by Appointment	5:30 RPM Cycling 8:30 Gentle Yoga 10:45 FIT OVER 50 5:30 RPM Cycling	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP

Saturday  
 Closed  
 CALL FOR  
 UPDATES

Pender Adult Services is committed to providing our community a safe, stable, environment in which individuals can maintain their independence, good health practices, and a healthy sense of self-esteem.

**SCHEDULE 2019**