



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

August
2015



RSVP needs volunteers to help with middle schools

By Barbara Mullins,
RSVP Director

Thank you Retired Senior Volunteers (RSVP) that work with students in the Pender County middle schools. Everyone knows the rewarding experience of working with young children in school, but few experience the joy of working with a middle school student.

This is that in between age, awkward age, sometimes more resistant age. The students we work with need role models; adults that show an interest in them and they can count on—adults that can make a difference in their life.

This is what RSVP tutors do. Most of the sixth and seventh graders we work with have third to fourth-grade reading levels. RSVP tutors read with them every week and work on comprehension and vocabulary.

This year grades improved in each of the middle schools in which we participated. Teachers do the recommendations and the student works with the same tutor several times a week. Currently, RSVP is looking for more tutors to help us provide more one-on-one help next semester.

Our need is for volunteers to work with us from mid September through exams in early June. Help is needed in all schools during the school day and Burgaw and Cape Fear middle schools will also be running after school resource centers.

RSVP is looking forward to helping more students this year but can only do so if we have more assistance. A commitment of two to four hours a week can make a big difference in the life of a child. Please call RSVP for more info or to volunteer at 910-259-9119 ext. 329.



Photo contributed

Aging actively and gracefully – Emily Bradley, Unez Robinson, Dorothy Naumuk, Lee Miles and Lessie Kea were recognized at Heritage Place. All five of these ladies are more than 90 years-old and still very active at the centers.

National Watermelon Day is Aug. 3

For a long time, watermelon has been taken for granted as a sweet, tasty summertime fruit, made of sugar and water, and nothing more.

During the past years, nutritionists, medical professionals, scientists and researchers have taken an interest to find out more about watermelon's health benefits.

As it turns out, watermelon is incredibly healthy. The Watermelon Board is proud to say that watermelon is the lycopene leader among fresh

produce. In addition to its healthy properties and effects on women, children, men and pregnant women, watermelon is an important part of a healthy diet.

Nutritionists have long appreciated the health benefits watermelon provides. Watermelon not only boosts your "health esteem," but it is has excellent levels of vitamins A and C and a good level of vitamin B6.

Vitamin A found in watermelon is important for

optimal eye health and boosts immunity by enhancing the infection-fighting actions of white blood cells called lymphocytes.

Vitamin B6 found in watermelon helps the immune system produce antibodies. Antibodies are needed to fight many diseases. Vitamin B6 helps maintain normal nerve function and form red blood cells. The body uses it to help break down proteins. The more protein you eat, the more vitamin B6 you need.

Vitamin C in watermelon can help to bolster the immune system's defenses against infections and viruses and can protect a body from harmful free radicals that can accelerate aging and conditions such as cataracts.

A two-cup serving of watermelon is also a source of potassium, a mineral necessary for water balance and found inside of every cell. People with low potassium levels can experience muscle cramps.

Topsail Senior Center News

By Kay Stanley
Topsail Senior Center

The next caregiver's support meeting will be Aug. 21 at 1 p.m.

We want to shout out a big thank you to the Marine Corps League for their work in the parking lot repainting lines and adding an additional handicap area.

Line dancing will continue with a summer session II (\$5

for four classes). It's been a hit.

The woodcarvers are meeting on Wednesday mornings. Al Reynolds was so very excited to have eight participants at their first meeting on July 15. We welcome newcomers and old timers.

Operation Fan 2015 was a complete success. It doesn't seem like it has been a slow summer at all. It's been steady, which is good.



Photo contributed

The woodcarving class meets every Wednesday at Topsail Senior Center

Heritage Happenings

By Jennifer Mathews
Heritage Place

Boy it is hot. We are thankful for the corporate sponsors of Operation Fan. It has been a much needed service again this summer. We have given away 140 fans this summer. Thank you Duke Energy, Four County and Fran's Fans for your assistance in this program.

We enjoyed an art/drawing experience at Heritage Place in July. Mitchell Henderson will be with us again on Aug. 11 at 10 a.m.. Join us if you would like to learn about basic drawing techniques. This month we will focus on using a grid.

We had 14 at our first widow's lunch. They will meet in the boardroom next month so

they can all share together and be a support for one another. If you know someone that has recently loss their husband encourage them to join us at lunch on the second Thursday (Aug. 13-12 noon)

August is American Artist Appreciation Month. We are planning to display your art from Aug. 5-19 at Heritage Place. If you would like to display your artwork, please contact Jennifer Mathews at 259-9119 ext. 303. Consider taking a glance in on the Monday oil painting class. The group does beautiful work. They meet on Mondays from 9 a.m. until 1 p.m.

We still have room for travelers if you are interested in cruising to the Western Caribbean. Contact Jennifer for a flier.

PAS Silent Auction
November 12, 2015
Benefit for Meals on Wheels



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Randy Spainhour, Rph.
Krista Strickland, Pharm. D

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Saturday 9 a.m. - 1 p.m.

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Vaccinations are important

There are many things we want to pass on to our loved ones-illness is not one of them.

You want to pass on certain things like family traditions, a grandmother’s quilt or dad’s love of books – but no one wants to pass on a serious illness. Take charge of your health and help protect those around you by asking about vaccines at your next doctor’s visit.

Vaccinating our children is commonplace in the US. But few adults know they need vaccines, and even fewer are fully vaccinated.

In 2013, only 24 percent of adults ages 60 and older had received a singles vaccine and only 17 percent of adults older than 19 had received a Tdap vaccine.

Are you one of the millions of adults not aware of the vaccines you need?

Each year, tens of thousands of adults needlessly suffer, are hospitalized, and even die as a result of diseases that could be prevented by vaccines.

However, a recent Centers for Disease Control and Prevention(CDC) survey showed that most US Adults are not even aware that they need vaccines throughout their lives to protect against diseases like pertussis, hepatitis, shingles and pneumococcal disease.

Not only vaccine-prevent-

able diseases make you very sick, but if you get sick, you may reis spreading certain diseases to others, that’s a risk most of us do not want to take. Infants, older adults and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to infectious diseases.

They are also more likely to have severe illness and complications if they do get sick. You can help protect your health and the health of your loved ones by getting your recommended vaccines.

The good news is that getting vaccinated is easier than you think. Adults can get vaccines at doctors’ offices, pharmacies, workplaces, health clinics and health departments.

Visit vaccine.healthmap.org to help find a vaccine provider near you. Most health insurance plans cover the cost of recommended vaccines – a call to your insurance provider can give you the details.

Not sure what vaccines you may need? The CDC offers a short quiz at www.cdc.gov/vaccines/adultquiz to help you find out which vaccines you might need. You can take the results of your quiz to your provider to discuss which vaccines are right for you.

All adults should get an annual flu vaccine to pro-

tect against seasonal flu and Td/Tdap vaccine to protect against tetanus, diphtheria and pertussis.

You may also need other vaccines based on your age, health conditions, occupation and other factors. If you are planning to travel outside of the US, check on any additional vaccines you may need.

Some travel-related vaccines are part of a series or are needed months prior to your travel to be most effective, so be sure to plan ahead.

For more information about adult vaccines: www.cdc.gov/vaccines/adults.

What vaccines do you need? All adults should get:

- Annual flu vaccine to protect against seasonal flu
- Td/Tdap to protect against tetanus, diphtheria and pertussis

Some additional vaccines you may need (depending on your age, health conditions and other factors) include:

- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Meningococcal
- Pneumococcal
- Shingles

Traveling overseas? There may be additional vaccines you need depending on the location. Find out at www.cdc.gov/travel.

Pender Adult Services August 2015 Calendar

August 3- National Watermelon Day

August 3 - Wellness Checks - 4:30pm (FF)

August 5 - Wellness Checks - 9:30am (FF)

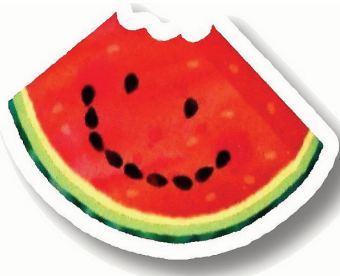
August 11 - Art/Drawing Experience - 10 am (HP)

August 12 - Blind Support Group (HP) - 1 pm

August 13 - Widows Lunch (HP) - 12:00 noon

August 20 - Cancer Support Group (HP) - 12 noon

August 27 - Caregivers Support Group (HP) 11:30 am



Wellness Checks -Provided by PAS
Fitness Fusion - 1st Wednesday 9:30 am
Fitness Fusion - 1st Monday 4:30 pm

Blood Pressure Screenings -Provided by PC Health Dept
Topsail Senior Center - 3rd Thurs 11 - 1
Heritage Place - 4th Thursday 11 - 1

Support Groups
Blind Support - 2nd Wednesday - 1:00 pm
Cancer Support - 3rd Thursday (HP) - 12:15 pm
Caregivers - Topsail -Friday (4th) Contact Kay Stanley @ 270-0708
- Heritage Place - contact Kay Warner @259-9119 X 32
Widows Support - 2nd Thursday (HP) informal - lunch

PML Travel & Tours and PENDER ADULT SERVICES

Presents a Fabulous
8 Day/7 Night Western Caribbean Cruise
Aboard Carnival Cruise Line’s “Valor”
January 23 – 30 2016
Cabins starting at \$899.00 Per Person
Ports include: Cozemel, Mexico, Belize, Mohogany Bay, Isla Roatan, and Costa Maya, Mexico. Transportation included from Burgaw. Board Ship at Port Canaveral Florida.
Call Jennifer Mathews @ 910-259-9119 ext. 303 for more information or reservations

NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Pender Adult Services, Inc.
Offers assistance in the home for individuals
and their families in Pender and Duplin Counties
Services include CAP In-Home aide,
Personal Care & Private Pay.
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Personal Care, Sitter, Light
House keeping, Respite

Phone: 910-259-9119
Fax: 910-259-9144
Contact: Rebecca Boggs, RN

Caregivers Needed...
Hiring now for Hampstead, Maple Hill and Floater position!
Call today to start you new career!

Questions about
Medicare?
We Can Help!!



Pender Adult Services Class Schedule Heritage Place Opportunities

Phone: 910-259-9119

Monday
8:00—7:00

9:00 Oil Painting
12:00 Meals
1:00 Bid Whist
1:00 Canasta
3:00 Senior Chorus
6:00 Line Dance

Tuesday
8:00—5:00

9:00 Crocheting
9:00 RSVP Perks (1st)
11:00 Geri-fit
12:00 Meals
12:30 Pinochle
1:00 Quilting Group
1:00 Jewelry
1:00 Knitting Group

Wednesday
8:00—5:00

9:00 Basket Class
11:00 Bingo
12:00 Meals
1:00 Bid Whist
1:00 Bridge
1:00 Blind Support (2nd)

Thursday
8:00—5:00

7:00 Burgaw Rotary
11:00 Geri-fit
11:30 Caregivers Support (4th)
12:00 Cancer Support (3rd)
12:00 Meals
12:30 Mexican Train/Rummyque
3:00 Quilting/Sewing Club

11:00 Bingo
12:00 Meals

Saturday—closed
Facility Available
For Rentals

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday
8:30 am—5:00 pm

9:00 Art Class (group)
10:00 Modified PILATES
12:00 Meals
12:30 Tree Top Quilters(2nd)
3:30 Hospice Trg (3rd)
Taxes offered at Topsail Presbyterian, Hampstead

Tuesday
8:30 am—5:00 pm

9:00 Baskets
9:00 Geri-Fit
10:30 Feel Good Fun
12:00 Meals
2:00 Gentle YOGA
3:00 Tai Chi

Wednesday
8:30 am—5:00 pm

9:00 Quilting Bee
9:00 RSVP Perks (1st)
9:00 Knitting Group
12:00 Meals
1:00 Canasta

Thursday
8:30 am—5:00 pm

9:00 Geri-fit
10:00 YOGA & Cribbage
10:00 Bingo
Health Checks (3rd)
12:00 Meals
1:00 Quilting Class
1:00 Mahjong 1:30 Bridge

Friday
8:30 am—2:30 pm

11:00 Line Dance **
****Aug 21, 28**
12:00 Meals
1:00 Caregivers Support (4th)
Saturday —closed
Facility Available

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

2015

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.

Monday
Open 5:30—9:00

5:30 RPM Cycling
8:30 BODYPUMP
9:40 YOGA
10:45 FIT OVER 50
4:30 Health Checks (1st)
4:30 RPM Cycling
5:30 BODYPUMP

Tuesday
Open 5:30—9:00

5:30 RPM Cycling
8:30 CARDIO BLAST
9:40 YOGA
10:45 FIT OVER 50
5:30 RPM Cycling
6:30 ZUMBA

Wednesday
Open 5:30—9:00

7:00 RPM Cycling
8:30 BODYPUMP
9:30 Health Checks (1st)
9:50 PILATES
12:15 RPM Express
5:30 BODY PUMP

Thursday
Open 5:30—9:00

5:30 RPM Cycling
8:30 ZUMBA
9:40 YOGA
10:45 FIT OVER 50
5:30 TURBO KICK
5:30 RPM Cycling
6:30 ZUMBA

Friday

Open 5:30—9:00
5:30 RPM Cycling
8:30 BODYPUMP
9:50 PILATES
5:30 BODY PUMP
Saturday
Open 8:00—2:30
8:30 RPM Cycling
9:30 ZUMBA