



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

August  
2016



A pillow stuffing party was held at Heritage Place. We are donating pillows to the pink ribbon foundation of NHRMC. Anyone that wants to help may contact the center.

## Reading Buddy volunteers needed

## RSVP makes a difference in children's lives

At the end of this school year, the Retired Senior Volunteer Program (RSVP) was honored with a Certificate of Recognition by the Pender County School Board.

Reading Buddys is a program for RSVP to volunteer in grades K-12 and read one-on-one with students. The results this year showed a significant increase in vo-

cabulary, comprehension and confidence.

It is said that a child learns to read from birth to third grade, and reads to learn from fourth grade and continuing through their adult life. Our goal is to reach out and help many more students this coming school year.

RSVP has been involved in the middle school for almost

six years and in January 2016 received approval to expand our Reading Buddy program.

This gives us an opportunity to reach more students and focus on the ones that need the extra encouragement and attention to help them succeed in moving to the next grade.

In order to provide more volunteers in local schools we

are looking for more Reading Buddys. To be part of this program call Barbara at 910-259-9119 (ext 329) for more information.

We do not start until September in the schools and we ask for 2-4 hours a week (1-2 days a week). Orientation will be in one morning in August, so we hope to hear from you soon.

## National Watermelon Day 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.

## Options Counseling – what is it?

Options Counseling is a person-centered, interactive and decision-support process. The main purpose is to help individuals identify and understand their needs.

Options Counseling includes listening to the individual express his/her preferences, values, service needs, and circumstances, engaging in conversation for a joint exchange of information and possible options that are tailored around the stated needs and preference.

It provides support that leads to the individual making informed choices about long-term services and supports connecting the individual, when it is his/her choice, to public/private services and/or informal supports following-up with the individual with the ultimate goal to support the individual

to live in his/her community of choice

Options Counseling involves building relationships with individuals and helping them to identify their goals and preferences and weigh the pros and cons of their options. This occurs through in-person meetings, possible conversations with family members, and follow-up.

Options counselors help individuals consider a range of possibilities when making a decision about long-term services and supports and encourage planning for future needs.

Options Counseling can also help younger individuals plan ahead for their future long-term service and support needs.

Examples of situations when Options Counseling might be offered include

when an individual has an unmet need for which there is more than one service alternative, has had recent change in his/her life situation, has long-term services and supports needs but is unsure about how to access them, requests transition assistance from one living setting to another or is admitted to the hospital.

The individual may lack awareness of existing community resources and supports, has multiple needs, behavioral health needs or an ongoing illness, or the person acting on his or her behalf, requests or indicates an interest in receiving information or advice concerning long-term services and supports options, or is referred to the CRC by a hospital, nursing home, assisted living home, community-based service provider, or other agency.

## Beating the summer heat

By Rebecca Boggs, RN  
Pender Adult Services

As temperatures soar to record highs in our area, so does the risk for heat related conditions. Everyone exposed to the heat is at risk but the elderly are more prone than younger people for several reasons: As we age our bodies don't adjust as well to temperature changes. Decreased kidney function makes it harder for the body to conserve fluid. Some prescription medications may interfere with the body's ability to adjust to temperature changes.

And the elderly are more likely to have at least one chronic medical condition that may interfere with the body's normal response to heat. It's important for everyone to exercise precaution when temperatures soar. Drink plenty of cool, non-alcoholic beverages. Water is best.

Rest and limit activity during the hottest time of the day. Stay in air-conditioned places as much as possible and wear light weight clothing. But it's particularly important for elderly people to take extra steps to stay cool.

Knowledge is power

One of the most important things we all can do is learn how to recognize the signs and symptoms of heat related illness and what to do. Heat exhaustion is a mild form of heat related illness that can develop after exposure to high

temperatures with inadequate fluid intake. Heat stroke is a very serious form of heat related illness that is a medical emergency. Be familiar with the warning signs of each and what to do:

### Heat exhaustion

- Heavy sweating
- Cold, clammy, pale skin
- Headache
- Muscle cramps
- Nausea/ vomiting
- Weakness
- Fast, weak pulse
- Dizziness/ Fainting

### What you should do

Move to cooler location as soon as possible and lie down. Loosen clothing to allow for air circulation and drink water. Apply cool wet cloths to body if possible.

### Heat stroke

The victim will have hot, red skin (no sweating), a high body temperature with a rapid, strong pulse. The victim will experience nausea, a throbbing headache, and possibly become unconsciousness.

Heat stroke is a life-threatening medical emergency. Call 911 immediately and move the victim to a cooler area. Cool the body with wet cloths or water and not give fluids

Recognizing the warning signs and knowing how to respond is the best thing you can do to prevent heat related illness. Check on your elderly neighbors and family members every day when temperatures reach record highs.

## Medicare 101 workshop

Will you be eligible to receive Medicare this year? Are you confused by information you are receiving about Medicare supplements and other plans available? Do you want more information on Medicare prescription drug plans and how they work? Do you need to know how Medicare works in general?

If you answered yes to any of the questions above, plan to attend the Medicare Education Workshop at Pender Adult Services, 901 S. Walker St, in Burgaw. The program will be held Sept. 14 from 5:30-7:30 p.m.

The class is free, but registration is required. Call 259-9119 ext. 0 to sign up for the class.

## Alzheimer's/dementia caregiver support group meeting Aug. 18

Caregiver Support Group Meeting for Alzheimer's and Dementia will meet Aug. 18 at 11:30 a.m. Please note this is a change from the normal meeting date.

The meeting is held at Pender Adult Services, 901 S. Walker St. Please call Kay Warner, 259-9119 ext. 324 for more information or if you plan to attend.

### NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Personal Care, Sitter, Light House keeping, Respite

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.  
**CALL NOW FOR MORE INFORMATION!**

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 your new career!

## Operation Fan Heat Relief

Operation Fan is a summer program intended to provide a more comfortable living environment and reduce heat related illnesses. Applications will continue to be processed and reviewed for approval.

### Applicant Eligibility Criteria:

- Must reside in county
- Must be an adult; 60 years of age or older or with a disability
- Must have a home situation where a threat to health and well-being exists (heat related illness)

Thanks to Four County EMC and Fran's fans for additional fans!



Smiling faces enjoyed a luau at the Topsail Senior Center. The activity was planned for the Tuesday morning craft group.





Topsail Seniors enjoy making candle holders at the Center in Hampstead.



More pillow stuffing at Heritage Place. Pillows are donated to the NHRMC Pink Ribbon foundation.

***Pender Adult Services Calendar***

- August 2 - RSVP Perks - 9 a.m (HP)
- August 3 - RSVP Perks - 9 a.m. (TSC)
- August 3 - National Watermelon day
- August 8 - Monday Art Class is back
- August 9 - Art with Mitchell - 10 a.m. (HP)
- August 9 - Pink Ribbon Pillow Cutting Party 1 p.m. (HP-classroom)
- August 10 - Blind Support Group - 1 p.m.
- August 18 - Caregivers Support Group - 11:30 a.m. HP
- September 5 - Labor Day Closing
- Blind Support Group - CAMP Dogwood this month
- Call Topsail for Caregivers Support date - one Friday each month, dates vary.

**Memorial and Honorary Giving Program**  
Your Gifts to  
Pender Adult Services, Inc  
are acknowledged with grateful appreciation  
**Community Contributors**  
**Westview United Methodist Church**  
**Willarlea Ruritan Club**  
Thank you for your support!  
Donations to PAS are tax deductible.  
For more information on the  
Pender Adult Services Memorial  
and Honorary Giving Program  
please contact Wesley Davis at 259-9119

**Geri-Fit**  
**Geri-Fit**  
**A Strength Training Workout For Older Adults**  
**A Strength Training Workout For Older Adults**

**Helps Improve**

- Muscular Strength
- Balance and coordination
- Motor skills and reaction time
- Flexibility and gait
- Arthritic conditions
- Bone density

Geri-fit is a 45-minute strength training exercise class for older adults. No aerobics, choreography or dancing, and best of all, there’s no floor work! Most of the exercise are performed seated in chairs. Requires just a set of 2-pound dumbbells, a stretch band and water to drink during the workout. Open to men and women of all senior ages and fitness levels; work out at your own pace. Classes are taught by a Certified Instructor. Eight, 45-minute classes in each term described below. To register, call Jennifer Mathews at 910-259-9119 ext 303.

**Topsail Senior Center**  
**Tues/Thurs 9 a.m.**  
**Heritage Place**  
**Tues/Thurs**  
**11 a.m.**

*Consumer contributions are appreciated*

***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
9:00 Oil Painting	9:00 Crocheting	9:00 Basket Class	11:00 Geri-fit	
12:00 Meals	9:00 RSVP Perks (1st)	11:00 Bingo	11:30 Caregivers Support (4th)	11:00 Bingo
1:00 Bid Whist	11:00 Geri-fit	12:00 Meals	11:30 Health Checks (4th)	12:00 Meals
1:00 Canasta	12:00 Meals	1:00 Bid Whist	12:00 Meals	
3:00 Lamplighters Chorus	12:30 Pinochle	1:00 Bridge	1:00 Rummyque	<b>Saturday—closed</b>
6:00 Line Dance	1:00 Quilting Group	1:00 Blind Support (2nd )	3:00 Quilting/Sewing Club	Facility Available For Rentals
	1:00 Knitting Group			

**Topsail Senior Center Opportunities**

Phone: 910-270-0708

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	9:00 Baskets	9:00 Quilting Bee	9:00 Geri-fit	11:00 Line Dance
10:00 Modified PILATES	9:00 Geri-Fit	9:00 RSVP Perks (1st)	10:00 YOGA & Cribbage	12:00 Meals
12:00 Meals	10:00 Senior Crafts & fun	10:00 Knitting Group	10:00 Bingo	Caregivers Support **
1:00 Tree Top Quilters(2nd)	12:00 Meals	12:00 Meals	12:00 Meals	**Call for info
3:00 Hospice Trg (2nd)	2:00 Gentle YOGA	1:00 Canasta	1:00 Quilting Class	<b>Saturday –closed</b>
	3:15 Tai Chi		1:00 Mahjong	Facility Available

**2016**

**Fitness Fusion Group Fitness Classes**

Phone: 910-259-0422

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 5:00—9:00	Tuesday Open 5:00—9:00	Wednesday Open 5:00—9:00	Thursday Open 5:00—9:00	Friday Open 5:00—9:00
5:30 RPM Cycling	5:30 RPM Cycling	7:00 RPM Cycling	5:30 RPM Cycling	5:30 RPM Cycling
8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	8:30 ZUMBA	8:30 BODYPUMP
9:40 YOGA	9:40 YOGA	9:30 Health Checks (1st)	9:40 YOGA	9:50 PILATES
10:45 FIT OVER 50	10:45 FIT OVER 50	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
4:30 Health Checks (1st)	5:30 BODY ATTACK	12:15 RPM Express	5:30 TURBO KICK	<b>Saturday</b>
4:30 RPM Cycling	5:30 RPM Cycling	5:30 BODY PUMP	5:30 RPM Cycling	Open 8:00—2:30
5:30 BODYPUMP	6:30 ZUMBA			8:30 RPM Cycling
6:40 ZUMBA				