



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

December  
2017



## Retired Senior Volunteer Program fills 200 stockings for children

By Barbara Mullins  
RSVP Director

Retired Senior Volunteer Program (RSVP) has overwhelming excitement when it comes to Christmas. Our volunteers did an awesome job filling 200 stockings for the Salvation Army to distribute to children in Pender County.

It was an absolutely wonderful feeling to see my office filling with stockings every day this month and the joy the volunteers showed and expressed was beyond measure.

RSVP volunteers are the most amazing group of people to work alongside of throughout Pender County. They never look for rewards but always look to see where they can help. We are truly blessed to have such dedicated volunteers in our community.

RSVP volunteers also enjoy good times together and will

be caravanning to Lu Mil Vineyards for dinner and a holiday light show Dec. 1. This was organized by one of our volunteers and everyone is looking forward to time together before the busy Christmas season.

Volunteers will also be distributing small gifts and hand created cards to seniors in our Companion/Respite Care program. We have two Creative Card classes a month (Heritage Place in Burgaw and Topsail Senior Center in Hampstead) and these volunteers have fun together creating beautiful cards which we distribute for birthdays, thinking of you, get well and Christmas.

It is known fact that socialization and showing someone you care about them promotes healthy living. These cards are a bright spot to anyone's day.



RSVP volunteers work on cards with participants in the Companion/Respite Care program

## Governors' Volunteer Awards applications now being accepted

The Retired Seniors Volunteer Program is co-ordinating the Pender County Governors Award this year and is encouraging all agencies using volunteers to submit their application for one special volunteer to receive the Governor's Award.

Applications must be sub-

mitted to Barbara Mullins before January 15, 2017. Any questions or concerns please email: [bmullins@penderpas.com](mailto:bmullins@penderpas.com).

Applications are available online at <https://www.nc.gov/agencies/volunteer/volunteer-awards>.

## Holiday health tips for seniors

There are many things to look forward to as we approach another holiday season: time with loved ones, exchanging gifts, magical decorations and lights and of course, food and lots of it! Rarely is the food

we eat during the holidays considered healthy.

In fact, some studies suggest the average person gains 5-8 pounds during the holiday season. As we get older, the potential health hazards go beyond the added weight. Many of the holiday dishes contain a lot of salt, fat and sugar which can increase blood pressure, cholesterol and inflammation.

Also, alcohol can interfere with many prescription medications. At the risk of being the Grinch who stole Christmas, it is possible to enjoy the holidays and minimize the health risks. The secret is balance and mindfulness. Follow these tips and give yourself the gift of health and vitality

this year:

- Get your flu shot and wash your hands a lot. More time around people means more exposure to germs.

- Don't forget to drink plenty of water. You are more tempted to indulge in unhealthy food when you are dehydrated.

- Choose your treats wisely and take just a few bites.

- Limit alcohol. Be mindful of sugary drinks. Egg Nog can be high in fat and sugar!

- Plan to take a walk after large meals. It's another way to enjoy your family and it's also good for the children and the dog!

- Plan to avoid heavy meals late at night. This will help with the walk and decreases

the chances of falling asleep after eating.

- Make your regular sleep schedule a priority.

- Avoid mindless eating. It's easy to get distracted and eat because it's there. Slow down and pay attention. Don't deprive yourself but don't overeat. Control your portions and enjoy each bite.

- Don't neglect your regular exercise schedule. Holidays can be stressful!

Most importantly, relax and enjoy the holidays! The above tips will help you feel good throughout the season. Don't let the Grinch of overindulging steal your Christmas this year!

## Silent Auction and Gala 2017 a big success

What a wonderful night. Our 2017 Heritage Place Silent Auction is complete. We say it often but can't say it often enough: we couldn't do it without community support. Our staff and volunteers work together to solicit and bring in wonderful items for our auction. Businesses who have been sponsors for years con-

tinue to support our agency. We really appreciate your sponsorships. You continue to enjoy our menu that we work so hard to put together.

"Wesley Davis our executive director does a wonderful job coordinating our efforts and creating wonderful food," said Bird Bost, PAS Board Chair Person.

About 200 people enjoyed the evening socializing around the tables and in some cases carrying it out to the dance floor. Our staff worked along with student volunteers to create an enjoyable atmosphere. Thank you for helping us create another successful event.

## Medicare open enrollment ends Dec. 7

Medicare open enrollment is coming to a close Dec. 7. Call 1-855-408-1212 to get assistance from the Raleigh shop office. We currently are full in Pender County.

Thanks to John Lutz, Can-

dy Schaeffer and Kay Warner for assisting clients during this open enrollment period.

In 2018, we will continue to be available for appointments if you are new to Medicare, need assistance researching a

Medicare supplement or need assistance with low income subsidy. You may reach us at 910-259-9119 Ext 307. Please leave a message and someone will call you to set up an appointment. Happy Holidays.



Merry Christmas from Pender Adult Services

**Open Enrollment for  
Prescriptions Drug Plans  
(Medicare Part D)  
October 15 – December 7, 2017**

## Group Painting Classes

Heritage Place  
901 South Walker Street, Burgaw  
Mondays 9 – 11:30 a.m.  
6 week class: \$50 fee

**Beginner to advanced painters are welcome! This is a stress-free class where fun and socialization is encouraged! We teach Watercolor, acrylic or oil paints. Supply list available. Supplies not included. To reserve a spot please call: Maureen McKenna at: 631-312-6102**

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INFORMATION PLEASE – WE ARE HERE TO HELP

Please call the center 259-9119 X 309 if you need information, referral or assistance with any of the following services:

Health Screenings	Fitness & Health Promotion
Insurance Counseling	Tax Preparation/Counseling
Legal Services	Transportation Medical/General
Caregivers Classes	Family Support Groups
Housing	Reverse Mortgage Counseling
Home Repair/Modification	Home Health Services
In-home Aide Services	Medicaid Benefits/Medicare Benefits
Social Security Benefits	Job Training/Placement
Adult Day Care/Day Health	Community Mental Health
Disaster Services	Durable Medical Equipment/Assistive Devices
Hospice Care	Long-term Care Facilities
Rehabilitation Services	Report Suspected Abuse, Neglect or Exploitation
Respite	SHIP (Senior Health Insurance)
Telephone Reassurance	Congregate Meals/Home Delivered Meals
Energy Assistance	Food Distribution



Advertise Today!

Call 910.259.9111  
for more information.

Pender Adult Services  
Pender Adult Services  
December 2017

- Dec 5 – RSVP Perks - 9 a.m. (HP)  
Dec 6 – RSVP Perks - 9 a.m. (TSC)  
Dec 11 – Bowling at Ten Pin Alley –sign up at front desk  
Dec 13 – Blind Group Meeting 1p.m. (HP)  
Dec 14 – Heritage Place Christmas Party- 10:30 a.m. (HP)  
Dec 14 - Topsail Christmas Party – 11:30 a.m. (TSC)  
Dec 14 – Caregivers Support Meeting & Party 11:30 a.m. (HP)  
Dec 18 – 22 No Meals  
Dec 25-27 – Closed for Christmas  
January 1, 2018 – Closed for New Years  
January 2, 2018 – Meals resume/Senior Center Activities resume  
January 9 & 10 – RSVP Perks  
For more information – call 910-259-9119 [www.penderpas.com](http://www.penderpas.com)  
Collection concludes December 13th

2017 Silent Auction



- PLATINUM SPONSORS**  
American Skin Food Group, LLC  
Burgaw Rotary Club  
Griffin Estep Benefit Group  
NC Blueberry Festival  
Raymond & Bird Bost
- GOLD SPONSORS**  
First Bank  
Pender County Farm Bureau
- SILVER SPONSORS**  
Coastal Custom Electric, Inc
- BRONZE SPONSORS**  
Coastal Instruments, Connie & Stacy Wooten,  
H Allen & Joyce Wooten,  
Jimbo & Heide Robbins, Jan Luquire & Emily Brazik, DVM,  
Mr. & Mrs. Samuel Rochelle, Peggy Casey,  
Roger's Computer Consulting, UHC Services, Inc.  
William & Cheryl Wooddell, William & Roxanne Marshburn
- IN-KIND DONORS**  
Ashley & Darren Becker, Brown Dog Coffee, Harts Florist,  
Performance Foods, Trader's Joe's



Do you have arthritis?  
Would you like to move more?

No matter if you need relief from arthritis pain or just want to be active, the **Arthritis Foundation's Walk with Ease program** can teach you how to safely make physical activity part of your everyday life. The program was developed to help people with or without arthritis form walking groups. The program's three major objective are to provide participants with:

- Education about successful physical activity for people with arthritis.
- Education about arthritis management
- Opportunity to begin and develop an ongoing aerobic fitness program.

• Get support in a group setting as you follow the Walk with Ease program. Classes will begin at Heritage Place in February and meet on Tuesday & Thursday at 10am. Call if you are interested in having this class at Topsail!

**Walk with Ease Program 9 Week program begins in February, Tuesday & Thursday at 10 am**  
Please Call 259-9119, press 0 to register Thank you!

 **Licensed CNA Positions Available**

Pender Adult Services is hiring CNA's. All areas including Burgaw, Rocky Point, Currie, Maple Hill and Hampstead. Must have reliable transportation.

Contact Anna or Roz at 259-9119 ext. 2

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 Art Class 12:00 Meals 1:00 Bid Whist 1:00 Canasta 3:00 Lamplighters Chorus (offsite at times) 6:00 Line Dance	9:00 Crocheting 9:00 RSVP Perks (1st) 10:00 WALK WITH EASE 11:00 Geri-fit 12:00 Meals 12:30 Pinochle 1:00 Rummikub 1:00 Quilting/KNITTING	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support (2nd )	10:00 Jewelry (with interest) 10:00 WALK WITH EASE 11:00 Geri-fit 11:30 Caregivers Support (4th) 11:30 Health Checks (4th) 12:00 Meals 1:00 Rummikub/ MEX TRAIN 3:00 Craft Club	11:00 Bingo 12:00 Meals  <b>Saturday—closed</b> Facility Available For Rentals

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 Class (group) 10:00 Modified PILATES 12:00 Meals 1:00 Tree Top Quilters(2nd) 3:00 Hospice Trg (2nd)	9:00 Baskets 9:00 Geri-Fit 10:00 Senior Crafts & fun 12:00 Meals 2:00 Gentle YOGA 3:15 Advanced Tai Chi	9:00 Quilting Bee 9:00 RSVP Perks (1st) 9:30 Knitting Group 12:00 Meals 1:00 Canasta	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 Class 1:00 Mahjong/BRIDGE	11:00 Line Dance 12:00 Meals 12:00 Line dance 2 Caregivers Support ** **Call for info  <b>Saturday –Facility Available for rentals</b>

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 8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 4:00 RPM Cycling 5:30 BODYPUMP	5:30 RPM Cycling 8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 5:30 BODY ATTACK 5:30 RPM Cycling	7:00 RPM Cycling 8:30 BODYPUMP 9:50 PILATES  5:30 BODY PUMP Massage by Appointment	5:30 RPM Cycling 9:40 YOGA 10:45 FIT OVER 50  5:30 RPM Cycling 5:30 BODY ATTACK	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP  <b>Saturday</b> Open 8:00—2:30 8:30 RPM Cycling 8:30 Body Attack