



Pass it on...

December
2020



December and COVID-19

By Jennifer Mathews
Heritage Place
Senior Center Coordinator

How are you continuing to deal with life during the Coronavirus? We miss all of you terribly and our normal activities. It seems that it is going to be a bit longer before we can safely return to normal. We want you to stay safe but find ways to not feel so socially isolated.

We are continuing to encourage phone conversation to curb the social isolation that comes with social distancing. We hope you will make efforts and make a phone call when you are feeling a little blue.

If you need a phone call, please let us know. Our staff wants to reach out and check in on those that feel that they need this contact. Our RSVP does a program called "Call Care" and they reach out to homebound seniors several times a week. This call usually comes from the same volunteer so that a relationship becomes established.

Please call me to discuss some possibilities: 910-259-9119 extension 303. Or if you are at Topsail you may want to call Donna at (910)270-0708.

Take sensible steps to protect yourself. Wash your hands, wear a mask and socially distance yourself - but you need people. Are there other people that have been staying at home, avoiding being around others that you could physically "see"? You could form an intimate group to socialize with that all agrees to be "your bubble."

There are specific guidelines to follow. We have done this with our daughter. She agreed to see three friends only. These families are following the three W's. We meet others outside six feet apart, but these three are allowed into our house.

See the article How To Create a COVID Bubble and

Create a COVID bubble: why you should consider one

If you've been following social-distancing guidelines since March to help limit the spread of the novel coronavirus (COVID-19), you and your kids may be aching to socialize with people outside of your household.

During the warmer weather, perhaps you've been seeing loved ones in outdoor locations while staying six feet apart. But with colder weather on the horizon, you may worry that your opportunities for in-person companionship will dry up when the temperature drops and outdoor gatherings aren't a possibility.

One way to expand the number of people whom you'll interact with is creating a small network of trusted friends or relatives, known as a social bubble, who agree to abide by a shared set of rules to try to keep everyone safe from COVID-19. Some people call these COVID-inspired social bubbles "social pods" or "quaranteams."

"Forming a social bubble helps you expand the number of people whom you feel comfortable interacting with, while keeping the total number of people

Why You Should Consider One by Juan Prudente, M.D. in this week's Pass It On.

Are you getting any exercise? There are simple exercises that you can do at home alone or with the TV. I know that several seniors have mentioned a Sit and Be Fit that is offered on PBS (UNCTV) I know it comes on very early. If you need us to send you a paper copy from our Geri-fit program - we would happily do that.

Of course, you are welcome to come join us outside on Tuesday and Thursday at 10 a. m. for Geri-fit at the Pavilion at Heritage Place or under the tent at Topsail. We are socially distance, mask wearing and hand sanitizing.

Have you thought about contacting someone you knew long ago? Maybe you used to send Christmas cards too?? This year might be a good time to send personal letters to some old friends.

Perhaps exchange new phone numbers and make contact. Are you missing some church friends? Reach out by phone, or Facebook and see how they are doing.

Its about to be winter and cold will be here. Wrap up and get outside. Go for a walk. Readers Digest had an interesting story about the benefits of cold weather - including that it can boost your brain, help you burn more calories; mild cold can help people with diabetes, it helps alleviate allergies, it helps prevent infections because cold temperatures help activate our immune system.

Wrap up and go for a walk to the mail box on those colder days. Spend a few minutes walking around in the yard.

For more on this article: 7 Surprising Health Benefits of Cold Weather Readers Digest article published Nov. 19, 2020.

you see small," says Juan Prudente, M.D. a family medicine specialist with Hackensack Meridian Medical Group. "Finally being able to hug people from outside your household or have them over for dinner again can add some normalcy back to your life. A bubble can also provide playmates for children while keeping their contact with others to a minimum."

Social bubbles may help flatten the curve

Social bubbles are research-proven to help slow the spread of COVID-19, because they limit the number of people whom you meaningfully interact with. Many experts suggest capping a bubble at about 10 people, which may be two or three households.

If you're thinking about creating a bubble with friends or family, have lengthy conversations to see if your households are well-matched. It helps if you live near each other, have similar lifestyle habits and share the same risk tolerance for COVID-19.

Some experts suggest that everyone in a bubble should be about the same



Thank you SHIP volunteers for your tenacity and comradery. You have endured a difficult Open Enrollment Season with unusual client situations amidst the corona virus. Candy, Caroline, Kay, Tyra and Bill thank you for working with the clients interests at heart and saving money for some clients and reassuring other clients that their plan will continue to be the best for them. Thank you to Delane for fielding phone calls and making appointments for us. If you need assistance with Medicare please continue to call us. You also can all the State office at 1-855-408-1212 or you may call Medicare at 1-800-633-4227.

Greetings from the Topsail Center

The Holidays are here and though Thanksgiving was different this year the Hampstead Women's Club assured our Meals on Wheels and congregated clients had a good Thanksgiving by providing a traditional turkey lunch for each one.

We are so grateful to the Hampstead Women's Club for all of their support this year! Also we thank Bill Kozel, our Senior Health Insurance Information Program (SHIIP) volunteer, for assisting more than 50 seniors with their Medicare plan choices during 2021 open enrollment.

Even though our center is closed for inside activities; we are using this time to perform much needed maintenance; new roof, new bathroom floors, new HVAC and new coat of paint outside.

Despite the cold weather we are still offering our outside classes; Geri-fit, Tai Chi and Line Dancing weather permitting. Please call the

center for class date and times for they change due to weather and instructor availability.

As with Thanksgiving, Christmas may also be different this year for many but thankfully as in years past, Coastal Pender Rotary and Share the Table have offered to assist our Meals

on Wheels clients with food deliveries during our Holiday shutdown. If you are looking for ways to donate to your community this season, your local foodbanks can use food contributions.

Due to Covid, many in our community are unemployed and the foodbanks are trying to meet those

needs. We give thanks for all of our volunteers in our community, we couldn't do, what we do, without YOU! As we look forward to Christmas, we hope the true meaning of the Holiday blesses each and every one of you this year. Merry Christmas and a blessed and healthy New Year!

INFORMATION PLEASE - WE ARE HERE TO HELP

Please call Heritage Place at 259-9119 X 309 (Or Topsail 270-0708) 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 | SHIIP (Senior Health Insurance) |
| Telephone Reassurance | Congregate Meals/Home Delivered Meals |
| Energy Assistance | Food Distribution |
| Volunteer Opportunities | Senior Games |

"Baby its cold outside"

Christmas Gathering

At the Heritage Place Pavilion*

Wear Christmas Colors

Dress warm, bring a lap blanket

Tuesday, December 8th

10:00—Gerifit

11:00—Carols & Bingo

12:00—Lunch

*Weather permitting—

(above 50 degrees and dry)

Christmas carols, hot chocolate/ coffee; and fun being together!

VANS will run, Call 259-9119 for Transportation by Dec 7 at 11am.



CAROLING

Continued on next page

Pender Adult Services Home Care

Just a little assistance can mean the difference between satisfying independence and total dependence. Our Home Care Program assists clients with the daily living tasks that have become difficult - shopping, meal preparation, personal care or light housekeeping.

We remove some of the burdens to leave room for self-sufficiency, and self-confidence.

Our Home Care Programs include Aging Program, Community Alternatives Program (CAP), Personal Care Program (PCS), Private Pay Program, and Respite Care Program. Fees for services available upon request.

Memorial and Honorary Giving Program

Contributions have been received recently from
Holy Trinity Episcopal Church
Niels & Helle Jorgensen
Woodmen Life Chapter 1483, Hampstead
Willarlea Ruritan Club

Thank you for your contributions
Special Thanks to

- Hampstead Women's Club for the Thanksgiving meals to our homebound clients
- Mission Baptist Church for the Thanksgiving meals to our homebound clients
- RSVP Meals on Wheels Volunteers for being in daily contact with our homebound
- RSVP Call Care Volunteers for telephone well checks
- PASTRAN

For daily contact with our van nutrition clients

Have you considered a gift to Pender Adult Services, Inc.?

We appreciate your support for services that we offer!

Your donations to PAS are tax deductible.

An acknowledgement will be sent whether donation is in Honor or in Memory

of individual or group.

For more information on Pender Adult Services Memorial and Honorary Giving Program please contact Wesley Davis at 910-259-9119.



Tuesdays at 10 a.m. the crochet group is meeting in the sunshine for socialize and crocheting.



The Hampstead Women's Club continues to support our seniors by sending Thanksgiving Meals to our Homebound. They also send monthly goodie bags to all our Hampstead clients.



It was so nice of you to remember me in such a thoughtful way...and I just want to let you know I appreciate it. Your thinking of me in such a thoughtful way really touched my heart!! Thank you! Judith Walker



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 Cathy at 259-9119 ext. 2

Covid bubble

Continued

age - peers, not parents. Older people (and those with underlying health conditions) may not want to expand their social circles, because they're at higher risk of COVID-19 complications, should they get sick.

"You really need to use your judgment when deciding whom to include in a social bubble, since the ultimate goal of a bubble is to avoid getting the virus while having a larger group of people to interact with," says Dr. Prudente.

Who's a good fit for your bubble?

These are good questions to ask prospective bubble-mates:

- is everyone in your household staying six feet away from others?
- is everyone wearing masks in public?
- will everyone limit in-

person social interactions to the people within our bubble?

• will everyone abide by whatever rules we jointly agree upon?

Next, talk about your pandemic lifestyle habits, which should help you see if everyone is compatible. For example, do you have groceries delivered or go to the supermarket? Do you change your clothes and shower after going to the store or the office? It's also important to know which bubble members will be going to work or school, versus working or learning at home. (People may be more comfortable if everyone - or no one - goes to work or school.)

Finally, decide what ground rules everyone will be comfortable with. Consider ideas like:

- whether touching/hugging is okay
- whether meeting people outdoors (while six feet apart) is okay if they aren't

in the bubble

• what to do if someone takes a vacation and needs to self-quarantine upon return

• what to do if someone within the bubble gets sick

How to initiate your social bubble

Once you decide on rules, consider taking two weeks to ensure that everyone is following them before getting together. Consider doing a test run for a week or two before committing for the long term. Also, create an exit strategy in case people decide to leave the bubble.

"It can help if you agree ahead of time that nobody should get hurt or upset if someone decides to leave the bubble," says Dr. Prudente. "However, careful planning ahead of time should make the bubble appealing for the long term."

How to act when you're outside your bubble

It's important to dis-

tance yourself from others.

When you go out:

- stay six feet away from people outside of your bubble
- wear a mask over your nose and mouth

• wash your hands frequently, or use hand sanitizer

• follow the group's rules about shopping, seeing people you know, etc.

The material provided

through HealthU is intended to be used as general information only and should not replace the advice of your physician. Always consult your physician for individual care.

- PAS Kitchen will be closed Dec. 21-Jan. 1
- Collection at Fitness Fusion and congregate drive thru drive through deadline Dec. 10



910-259-0422

903 S Walker Street



WEAR MASK REQUIRED

GROUP FITNESS CLASSES At Heritage Place Pavilion

ALL CLASSES BY RESERVATION ONLY! - Call the gym to reserve your spot!

6 am - 8 pm	6 am - 8 pm	6 am - 8 pm	6 am - 8 pm	6 am - 8 pm	8 am - 12 noon
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am Body Pump	6:30am RPM	8:00am Body Pump	6:30am RPM	8:00am Body Pump	Equipment only
10:00am Fit Over Fifty	10:00am Geri-fit	10:45am Pilates	10:00am Geri-fit	Zoom Pilates	Close at noon
5:30pm Body Pump	5:30pm RPM	5:30pm Body Pump	5:30pm RPM		Sunday CLOSED