



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

February
2014



RSVP news

By Barbara Mullins
RSVP Director

The Retired Seniors Volunteer Program came back from the holiday strong with a food drive in honor of Martin Luther King. Thank you to all who supported this drive and helped us provide food to the people most in need.

February brings to mind giving hearts and RSVP is looking for volunteers with just a little time but have big hearts. I would like you to consider this – it's a bright new day, complete with 24 hours of opportunities, choices, and attitudes. It's a perfectly matched set of 1,440 minutes. This unique gift, this one day, cannot be exchanged, replaced or refunded. Handle with care. Make the most of it. There is only one to a customer. There are so many ways to volunteer; do not cheat yourself of an awesome opportunity to help someone else.

The program areas include:

•Senior Care: Your involvement creates a vital part of this senior being able to remain living independently at home (not having to go to a nursing home). RSVP volunteers visit homebound seniors one to two hours each week and provide companionship.

Topsail Senior Center happenings

By Kay Warner
Pender Adult Services

A special thank you to Coastal Pender Rotary Club for their donations to seniors in need. Items were distributed to clients that do not have family in the area. They were given paper products, socks and gloves, fleece throws, flashlights and batteries, and canned goods.

Thank you to Claude Plait for donation of gourds to Senior Center. We especially enjoyed the beautiful Christmas and animated Santa Claus donated by Larry and Judy Wessell (Guy Thurman's sister).

Our woodcarving groups are back in motion. Al Reynolds was back recently with his wife Helen driving him. He said breaking his arm has not made him into an invalid. We are so glad to have him back. All the carvers were so glad to see him.

We want everyone to save the date for our Topsail silent

It also allows RSVP a chance to see what other resources we can connect to provide the best quality of life to each senior in our care.

•Meals on Wheels: This is a tremendous part of RSVP as we deliver the MOW to those in the Burgaw area as well as Topsail, Hampstead, Scotts Hill areas. MOW drivers are always needed as back-up drivers. To many seniors, this is the only hot meal they receive each day.

•Tutoring: RSVP volunteers tutor reading in four Middle Schools. They are a valuable resource for Pender County School students and allow one-on-one time with a child to help raise their reading level. Proctoring EOG exams in May is also a vital part of our program.

•Mentoring: RSVP volunteers assist our developmentally challenged. RSVP provides a volunteer one-on-one to work with someone less fortunate and help them expand their horizons by volunteering in the community. The rewards are great and the enthusiasm of those in this group is high.

Please come check out the details and meet for a few minutes. To schedule a time call 910-259-9119 (ext 329) or bmullins@penderpas.com.

auction. It will be May 1. Because of this event the Board of Elections is looking for another one-stop voting location. Primary elections will still be held here at Topsail on May 6. The caregiver's support group started up again on Wednesday at 12:30 p.m. and will run for four weeks. This is open to any caregivers who may want to join us.

Blood pressure checks will be ongoing on the third Tuesday. Thank you to Pender Health Department for offering this service. The nurse had 16 to participate in January. Several regulars had seen it posted and although they were not coming in for a class, made a special trip for the blood pressure check.

Our Tuesday Feel Good Fun Day group enjoyed crafting their snowmen. Many of them wanted to do a second one to give it away. A special thanks to my Tuesday volunteers, as always I couldn't do it without you.

Medicare education workshop

Will you be eligible to receive Medicare this year? Are you confused by information you are receiving about Medicare supplement insurance (Medigap) and Medicare Advantage Plans? Do you want more information on Medicare prescription drug plans and how they work? Do you need to know how Medicare works in general? Find out if you

may be eligible for extra help paying for prescription medications.

If you answered yes to any of the questions above, please call 259-9119 ext 0, and sign up for the Medicare education workshop on March 6 from 6-8 p.m. at Pender Adult Services, 901 S. Walker Street. The class is free, but registration is required.



Photo contributed

The Pender travel group crashed a wedding in New York's Central Park. The wedding party was from England.

Upcoming trips in 2014

Pender travel group visits New York City

By Jennifer Mathews
Pender Adult Services

Pender travel group enjoyed a Christmas Trip to New York City in December. A total of 47 travelers participated in the trip and enjoyed sightseeing in Central Park.

We enjoyed seeing the horse drawn carriages and became wedding crashers to a wedding party from England. Everyone made the best of disagreeable weather but most were thankful that we were not walking around in snow.

Our tour guide shared a wealth of information about the city and each location that we visited. Of course we shopped a little and all had an opportunity to take pictures at the Rockefeller Christmas Tree.

The group giggled and some cackled as they were entertained at the Broadway show *Mamma Mia* after a delightful Italian meal at Tony's Di Napoli. We were impressed by the 9/11 memorial and many of us had a traditional lunch in Chinatown.

We topped off our NYC experience with a relaxing and delicious dinner at Mustang Harry's in Midtown West. We traveled home playing bingo, watching movies, napping and talking about future trips.

Senior Travel plans for



Photo contributed

Thelma, Connie, Hattie, Paddy, Evelyn, Joan, Julia and Melrose enjoy a stroll through Central Park on a recent trip with Pender Travel Group.

2014 include three trips. The spring trip will be to the Outer Banks on May 6-8. Cost will be \$414 per person with double occupancy. The registration opens on Feb. 15. Registration form and a \$150 deposit are required.

This trip features three days/two nights in an ocean front property, a visit to the Currituck Heritage Park, the *Elizabeth II*, Roanoke Island Festival Park, the Roanoke Aquarium, Elizabethan Gardens and a visit to the Wright Brothers National Memorial. Two breakfasts and two dinners are included. Travel protection is available and recommended. Detailed flyer

is available online at <http://www.penderpas.com/pubfiles/outerbanks.pdf>

Our fall trip will be a fabulous vacation to southern coastal Maine on Sept 28-Oct 3. The cost will be \$759 per person with double occupancy. The registration opens on May 15. Registration form and a \$200 deposit are required.

This trip includes six days/five nights with five breakfasts and four dinners to include 1 downeast lobster bake with entertainment. Tours include Kennebunkport, Maine, a guided tour of Portland with photo stop at the Portland Head Lighthouse, authentic lobster harvesting

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Certain restrictions apply for trips
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Services may be interrupted
if funding is not available.



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Healthy living

Fitness over Fifty

By Jennifer Mathews
Pender Adult Services

Exercise is the key to healthy living as we age. As we grow older regular exercise helps us to maintain our independence, increase our confidence and can reverse some of the symptoms of aging. It is very good for your mind, mood and memory.

At Pender Adult Services we offer many different opportunities to exercise and be more active as you age. Sit and Be Fit is a free class that is offered at Heritage Place in Burgaw on Tuesday and Thursday from 11-11:50 a.m. Participants do a variety of chair exercises to increase mobility and flexibility.

Doctors recommend starting slow with an activity that you enjoy and gradually increasing your activity level. Make exercise something that you do daily at the same time each day.

Combine a variety of exercises so you don't get bored. Since it takes about a month to establish a routine. Keep at it and don't get discouraged if you take a few days off. Get started again and build up your momentum.

Exercise helps older adults increase metabolism and build

muscle, helping you to burn calories. Other benefits include better heart health and better blood pressure. Older adults who exercise have lower risk of chronic conditions and enhanced mobility, flexibility, and balance.

There are several types of activities that are beneficial to older adults. They include: walking, senior fitness classes, water aerobics and water sports, Yoga and Tai Chi.

Another suggestion for staying active is to get support by taking a class or exercising with a friend or spouse. Consider joining Fit Over Fifty at Fitness Fusion.

This class is taught on Monday, Tuesday, and Thursday from 10:45-11:30 a.m. It is a stand up low impact class that will get your heart rate up but at your pace. They use light weights to increase bone density and a variety of marching motions to keep you moving.

Modified pilates, yoga and Tai Chi are all offered at Pender Adult Services. These classes are modified for senior clients and are excellent choices for flexibility, balance and increased strength.

For more information regarding classes please contact Jennifer Mathews at 910-259-9119.



Photo contributed

Fitness over Fifty classes meet at Fitness Fusion in Burgaw.

Tax assistance at Topsail Center

AARP Tax-Aide is a free nationwide service that provides high quality income tax assistance and free federal and state income tax preparation and including electronic filing.

They are still in need of volunteers. Tax-Aide counselors receive hard copy training materials supplemented by comprehensive free classroom type training by local instructors.

Volunteers are needed to prepare tax returns on Monday and Wednesday afternoons alternating between the Hampstead library and the Topsail Senior Center. If you are interested you may contact the local coordinator, Jack Padgett at 270-4387.

This Tax Aide service will be available on a first come, first serve basis beginning Feb. 3 in Hampstead Mondays from 1- 5 p.m. at the Hampstead library and Wednesdays from 1-5 p.m. at the Topsail Senior Center.

This service is available to low and moderate income

taxpayers of all ages, including seniors. No appointments necessary, and be prepared to wait. It is not required that taxpayers be members of AARP or even that they be retired to receive this assistance.

During the month of January, Tax-Aide counselors are trained and certified to IRS criteria so that they will be prepared to assist taxpayers with their tax returns. This service, including electronic filing, is free.

Counselors will answer questions concerning income that should be reported, deductions that can be taken, credits to which individual taxpayers are entitled, as well as other tax related matters.

Electronic filing of the tax return results in receipt of refunds within eight to 14 days if the refund is direct deposited to the taxpayer's bank account, and about a week later if IRS issues a check for the refund.



A Special thank you to Shirley Galisdorfer for delivering meals on wheels since 1996.

Fight the flu

- Protect yourself, protect others—get a flu vaccine every year.
- Prevent the spread of germs—cover coughs and sneezes.

To learn more, visit www.cdc.gov/flu



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Seniors and the flu Not too late for a flu shot

Because your immune system weakens as you age, adults age 65 years and older are more susceptible to the flu. It is important all seniors get the flu vaccine.

You have two options for vaccination: the regular dose flu shot and the high-dose shot that results in a stronger immune response. Talk to your health care provider to decide which one is right for you.

If you have flu-like symptoms, contact your health care provider immediately.

Since you are at high risk for flu-related complications, your doctor may prescribe antiviral medications if you get the flu.

For seniors, the seasonal flu can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

You can protect yourself from the flu by getting the flu vaccine. It is still available locally at the Pender County Health Department. The health department offers the vaccine Monday thru Friday from 8 – 11am & 1 -4pm or you may contact your health care provider.

There are steps you can take in your daily life to help protect you from getting the flu.

- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough

or sneeze. Throw the tissue in the trash after you use it.

If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

Medicare will cover the flu vaccine once every flu season.

—Information obtained from www.flu.gov.

Memorial and Honorary Giving Program

*Your Gifts to
Pender Adult Services, Inc
are acknowledged with grateful appreciation*

**In Memory of Benjamin Stokes
By Heritage Place Crochet & Knitting Group**

**Community Contributors
Emma B Anderson Memorial
Holy Trinity Episcopal Church
Willarlea Ruritan Club**

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

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Pender Adult Services, Inc

Heritage Place Opportunities

Phone: 910-259-9119



**Monday
8:00—7:00**

**9:00 Oil Painting
11:00 Tai Chi
12:00 Meals
1:00 Bid Whist
1:00 Canasta
2:00 Senior Chorus
6:00 Line Dance**

**Tuesday
8:00—5:00**

**9:00 Crocheting
9:00 RSVP Perks (1st)
11:00 Sit & Be 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 Group 2nd**

**Thursday
8:00—5:00**

**7:00 Burgaw Rotary
11:00 Sit & Be Fit
12:00 Meals
12:45 Rummyque/
Mexican Train
3:00 Quilting/Sewing Club
4:45 Weight Watchers**

**Friday
8:00—3:00**

**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**

**10:00 Modified PILATES
12:00 Meals
12:30 Tree Top Quilters(2nd)
3:30 Hospice Trg (3rd)**

**Tuesday
8:30 am—5:00 pm**

**9:00 Baskets
Health Checks—3rd Tues
10:30 Feel Good Fun
12:00 Meals
2:00 Gentle YOGA
3:00 Adv. Tai Chi**

**Wednesday
8:30 am—5:00 pm**

**9:00 Quilting Bee
9:00 RSVP Perks (1st)
10:00 Knitting Group
12:00 Meals
12:30 Caregiver class (1/22)
1:00 Woodcarving
1:00 Taxes (Feb-April)**

**Thursday
8:30 am—5:00 pm**

**10:00 Vinyasi YOGA
10:00 Bingo (earlier time)
11:15 Tai Chi
12:00 Meals
1:00 Quilting Class
1:00 Mahjong
1:30 Bridge**

**Friday
8:30 am—2:30 pm**

**9:00 Wood Carving
10:00 Cribbage
12:00 Meals
12:00 Vitality in Action**

**Saturday —closed
Facility Available**

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Mark your Calendar

Wellness Checks

*Pender Adult Services
Fitness Fusion:
First Monday 4:30 p.m.
First Wednesday 9:30 a.m.*

Blood Pressure

*Pender Health Department
Topsail Senior Center
Third Tuesday 11 a.m. to 1 p.m.
Heritage Place
Fourth Thursday 11 a.m. to 1 p.m.*

Weight Watchers

*Heritage Place
Thursday 4:45 weigh-in
program follows*

Support Groups

*PC Blind Group
Heritage Place Second Wed. 1 p.m.
Caregivers Support
Topsail- Wednesday 1 p.m.
Heritage Place-Fourth Thursday
11:30 a.m. until 1 p.m.*

Feb 2014

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**

**8:30 BODYPUMP
9:40 YOGA
10:45 FIT OVER 50
4:00 Health Checks (1st)**

**Tuesday
Open 5:30—9:00**

**8:30 CARDIO BLAST
9:40 YOGA
10:45 FIT OVER 50**

**Wednesday
Open 5:30—9:00**

**8:30 BODYPUMP
9:30 Health Checks (1st)
9:50 PILATES**

**Thursday
Open 5:30—9:00**

**8:30 ZUMBA
9:40 YOGA
10:45 FIT OVER 50**

**Friday
Open 5:30—9:00**

**8:30 BODYPUMP
9:50 PILATES
5:30 BODY PUMP**

**Saturday
Open 8:00—2:30
9:00 ZUMBA**

**5:30 BODYPUMP
6:40 ZUMBA**

6:30 ZUMBA

5:30 BODY PUMP

6:30 ZUMBA