

*Helpful information to enhance senior living
provided by Pender Adult Services*



Pass it on.

The Pender-Topsail
POST
& Voice

February
2015



Photo contributed

Seniors traveling together often find the trip more enjoyable and relaxing.

Pender Adult Services travel news

Trips planned to Washington D.C., Vermont in 2015

The Pender Adult Services travel group has several Senior Trips planned for 2015.

The spring trip for 2015 will be to Washington, DC, May 11-13. This trip will include a luncheon cruise on the Potomac River and a visit to George Washington's Mount Vernon Estate.

We also will have a guided tour of Washington including Georgetown, and make a stop at the WWII Memorial and the new Martin Luther King, Jr National Memorial.

We will have some limited time to visit one of the Smithsonian Museums. The cost will be \$389 per person-double occupancy. A \$100 deposit is due by mail when reservations open Feb. 13. Trip protection (\$51) is available at the time of deposit. The full balance is due April 5.

The fall trip will be to Vermont, a New England get-a-way, is Sept. 28-Oct. 3. This trip includes a visit to the von Trapp Family Inn, the New England Maple Museum and the Vermont Teddy Bear Factory.

The cost will be \$829 per person-double occupancy. A \$50 non-refundable deposit is due by mail on Mar. 9. Trip protection (\$92) is available at the time of deposit. A \$250 deposit is due June 8. The full balance is due Aug. 3.

A western Caribbean Carnival Cruise is on schedule for Jan. 23-31, 2016. The cruise departs from Port Canaveral and includes the ports of Cozumel, Belize, Mohogany Bay, and Costa Maya Mexico. Inside Cabins start at \$899 per person. Travel Protection is highly recommended.

Trips are open to Pender County

Residents and their guests. If trips do not fill they will be opened to non-county residents after the initial deposit deadline. Trips are planned with the senior population in mind but younger relatives often attend with seniors.

Registration opening date is the earliest you may register. Deposit is due by mail at registration and is payable to Pender Adult Services. Registration forms should be included with deposit and be mailed to PAS, P.O. Box 1251 Burgaw, NC 28425 ATTN: Jennifer Mathews. Travel Protection is available and recommended for all trips.

Travel Protection check should be made to PML Tours and sent with registration. You may call Jennifer Mathews at 910-259-9119 extension 303 for more information.

Workshops on Advance Directives scheduled

Everyone is invited to join us on Feb. 3 at 10 a.m. at Heritage Place, Burgaw or Feb. 4 at 10 a.m. at Topsail Senior Center, Hampstead for a free clinic on Advance Directives.

Retired Senior Volunteer Program (RSVP) and Lower Cape Fear Hospice (LCFH) are joining forces again to provide valuable information to all Pender County residents.

At any time in your life, you may be unable to communicate your healthcare choices as a result of an injury or serious illness. Having a plan makes it easier for you, your doctor, and your loved ones.

Michael Harris of LCFH,

will do a free presentation on the importance of advance directives (ie: Living Wills, Healthcare Power of Attorney, MOST forms, financial responsibilities) Immediately following presentation, RSVP and Pender Adult Services Aging Case Manager will assist you in completing these important documents.

This is a chance to take the information you need and be pro-active and put the plan in place. The event is free, as well as the completion of forms is free. Light refreshments will be served.

For more info please call 910-259-9119 (ext 329).

Turning 65? Medicare education sessions

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, please call the receptionist at 259-9119 ext. 0, and sign up for a Medicare education workshop Mar. 19 from 5:30-7:30 p.m. at Pender Adult Services, 901 S. Walker Street.

Kay Warner, Seniors Health Insurance Information Program coordinator will lead the program. The class is free, but registration is required.

Topsail Senior Center happenings

By Kay Stanley
Topsail Senior Center

Kingsley Miner, retired physical therapist, met with a group at Topsail last Tuesday to share some common sense tips for seniors. He was able to sit and share with the seniors in such a way that his suggestions can be put to use.

His tips can make a difference for living safely and avoiding falls. We can all learn to make our lives better. We hope to offer a session with him again in the future.

Our Wounded Warrior with

the Mission Continues giving us assistance at the center. Matthew Morgan is making an impression on everyone that meets him. He is a gentle spirited man. He works on his own.

He sees something that might make us better and goes to it. He has built some new shelving in my office and he is quite precise. He has helped Sue with the hardwood floors, scrubbing, buffing and waxing them. They look like new again. He has pres-

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RSVP news

By Barbara Mullins
RSVP Coordinator

RSVP Volunteers participated in AARP Brain Health-Staying Sharp at UNCW. It was a fun filled experience for our volunteers. They shared 10 habits that help empower our brain.

Some of the habits were breathing techniques, traveling different ways to destinations, crossword and scrabble puzzles, positive thinking, and turning off TV to avoid stress, and the importance of moderate exercise.

RSVP volunteers participated in Laughter Yoga and belly laughter filled the room. Recipes were shared, using a variety of rainbow foods each day. As well as pointing out meds and food that do not mix. RSVP

volunteers took this knowledge and shared with homebound seniors and encourage one-on-one participation.

Seminars like Brain Health are important to RSVP program because they help build comradery, are fun learning experience, bring valuable info to community, and give volunteers team support.

RSVP is a program open to all persons over the age of 55. Please consider calling for information. Be part of the impact needed in Pender County to give seniors support that they need to live independently at home. Call us today at 910-259-9119 (extension 329).

RSVP volunteers participated in AARP Brain Health-Staying Sharp at UNCW.



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FREE DELIVERY

Tax assistance offered for seniors

Service offered at Topsail Presbyterian Church

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.

Tax-Aide counselors receive hard copy training materials supplemented by comprehensive free classroom type training by local

instructors.

This Tax Aide service is offered on a first come, first serve basis beginning Feb. 2 through April 15. It is offered on Mondays and Wednesdays from 1-5 p.m. at the Topsail Presbyterian Church, 16249 Hwy 17, Hampstead.

This service is available to low and moderate income taxpayers of all ages, including

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

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 8 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.

Tai Chi – 2015

At Topsail Senior Center, Hampstead – call 270-0708 for information

Tai Chi for Health

Beginner's eight-week class meets on Thursdays from 11:15-11:55 a.m.

Advanced Tai Chi – 8 week

Class starts Tuesday. The class meets from 3:15-3:55 p.m.

Tai Chi for Energy form

Pender Adult Services, Burgaw – Call 259-9119 X 0 for information

Tai Chi for Health

Beginners seven-week class will be offered at Heritage Place.

The class starts on Monday, and meets from 8:30-9:15 a.m.

(holiday – January 19th)

Fees will be \$12. (for Jan -Feb class)

\$5 for Fitness Fusion Members

Instructor will be Kathy Yakimovich.

Kathy is Tai Chi for Health Certified.

Nutrition program at Heritage Place