



Pass it on...

The Pender-Topsail
POST
& Voice

February
2016


PENDER ADULT SERVICES, INC.

February is Heart Month

Make blood pressure control your goal

February is American Heart Month, the Centers for Disease Control and Prevention (CDC) and Million Hearts – a national effort to prevent one million heart attacks and strokes in the United States by 2017 – are encouraging Americans to know their blood pressure, and if it's high, to make control their goal.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure.

People with high blood pressure are four times more likely to die from a stroke and three times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

Work with your health care team to make sure you meet your blood pressure goal.

Make control your goal

If you know you have high blood pressure, take these steps to help get it under control.

Ask your doctor what your blood pressure should be. Set a goal to lower your pressure with your doctor and talk about how you can reach your goal. Work with your health care team to make sure you meet that goal. Track your blood pressure over time.

Take your blood pressure medicine as directed. Set a

timer on your phone to remember to take your medicine at the same time each day. If you are having trouble taking your medicines on time or paying for your medicines, or if you are having side effects, ask your doctor for help.

Quit smoking—and if you don't smoke, don't start. You can find tips and resources at CDC's Smoking and Tobacco website.

Reduce sodium intake. Most Americans consume too much sodium, which can raise blood pressure. Read about ways to reduce your sodium and visit the Million Hearts Healthy Eating and Lifestyle Resource Center for heart-healthy, lower-sodium recipes, meal plans, and helpful articles.

African-American men take note

While heart disease doesn't discriminate, your gender, race, ethnicity, and where you live can increase your risk. African-American men are at the highest risk for heart disease.

About two in five African Americans have high blood pressure, but only half have it under control. A recent article in the *American Journal of Preventive Medicine* also showed that Americans aged 30 to 74 who live the southeast—specifically, Indiana, Kentucky, West Virginia, Oklahoma, Arkansas, Tennessee, Louisiana, Mississippi, and Georgia—are at higher risk of developing heart disease over the next 10 years than people who live in other parts of the country. Many of these states have a large African-American population.

More information about high blood pressure is available at www.cdc.gov.



Photo contributed

We want to thank Debbie Lamphere for leading this craft group at topsail for the past year. They have done many wonderful one day-take home crafts. Thank you Debbie. We will miss you

RSVP Reading Buddies Program

By Barbara Mullins
RSVP Director

Retired Senior Volunteer Program (RSVP) has expanded their volunteers in Pender County to serve Kindergarten through grade 12.

Reading Buddies are now in place in five Pender County Schools and we anticipate placing volunteers in additional schools as we recruit more RSVP volunteers.

RSVP volunteers have been reading in the middle schools for more than four years and are very excited to expand our

program.

Elementary school administrators have welcomed our volunteers with open arms and we know what an asset we provide to these students.

Our volunteers bring a wealth of support to each student because RSVP volunteers are all 55 years or older, so they are seen as a grandparent figure.

They all have different professional backgrounds and bring that wealth of knowledge with them. They are dedicated, caring and because they are volunteers, they give with a full heart.

Volunteers hope to instill the love of

reading in a student by building their reading comprehension, vocabulary and confidence.

Our expanded program began in December 2015 and already the calls I received from our volunteers has been so encouraging. They have made great connections with students and the volunteers have so much joy when they see a child excited to have one-on-one time with them.

RSVP is interviewing new Reading Buddy volunteers now. Please call Barbara Mullins at 910-259-9119 (ext 329) for more information.

Medicare education workshop scheduled Feb. 17

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 more information on how Medicare works in general?

A Medicare education workshop will be held Feb. 17, from 5:30-7 p.m. at Pender Adult Services, 901 S. Walker Street, Burgaw. Kay Warner, Seniors Health Insurance

Information Program coordinator for Pender County, will lead the program. The class is free, but registration is required by calling the reception desk at 259-9119 ext. 0.

What is Options Counseling?

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 several goals and ideas.

- 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 preferences.

- Providing support that

leads the individual to make 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.

Options Counseling might be offered in a number of situations.

- The individual has an unmet need for which there is more than one service alternative

- has had recent change in his/her life situation.

- The individual has long-term services and supports needs but is unsure about how to access them.

- The individual requests transition assistance from one living setting to another

- is admitted to the hospital.
- The individual lacks awareness of existing commu-

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Photo contributed

Rummique is one of many games that provides social interaction and keeps your brain active. If you have ever played rummy you will pick this one up quick. Join the ladies at Heritage Place on Thursday afternoon at 1 p.m.



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FREE DELIVERY

2016 Ask-A-Lawyer Day Feb. 6

The young lawyers division of the North Carolina Bar Association will provide free legal advice to citizens through the annual Ask-A-Lawyer Day Feb 6. This is a public service event at which volunteer attorneys provide free legal advice to North Carolina citizens. No

business relationship may be established between the volunteer attorneys and the citizens. Its all completely free. This event for our area will be held at Independence Mall, 3500 Oleander Drive Wilmington from 11 a.m. until 2 p.m. The event coordinator is Pamela Carter, with Hedrick

Gardner Kincheloe and Garofalo LLP. To avoid confusion, please note that this event is different than the North Carolina Bar Association's 4ALL Statewide Service Day, which is conducted by phone. That event will be held Mar 4.

Cancer Support Group
February 18

Pender Adult Services 901 S Walker Street
Noon - 1 p.m. in the boardroom
Join us on the third Thursday at noon
Lunchtime fellowship and support
Future meetings are Mar. 17, May 19
Confidentially sharing of our struggles and triumphs
What type of cancer did you face?
What encouraged you along the way?

Why a support group?

People who take part in support groups believe that they can healthier, happier lives if they spend time relating to others. They say that when they have emotional support, it is easier to deal with their health and social problems. Some claim that the bonds formed between members of support groups help them feel stronger. They further claim that sharing feelings and experiences within support groups can reduce stress, fear, and anxiety and help to promote healing. Evidence suggests that support groups can improve quality of life for people with cancer. Other Support groups are offered for the blind, caregivers, and widows. Please see schedule for dates and times.



NEED HELP CARING
FOR YOUR LOVED ONE AT HOME?

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!

Options

Continued from front

nity 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.

- The individual is referred to the CRC by a hospital, nursing home, assisted living home, community-based service provider, or other agency. There are a number of desired outcomes of Options Counseling.
- Individuals and families can make service and support choices that fit well with their needs, goals and preferences – even as these change over time
- Options Counseling helps

individuals achieve or maintain a high degree of independence and control in their daily lives.

- Individuals and families are able to get the services and supports they need and are better able to make good use of their own resources over time.

If you are in need of Options Counseling – Please call Jane Johnson at PAS –(910) 259-9119 x309

Pender Adult Services
February 2016 Calendar



Healthy Heart:
Make Blood
Pressure Control
Your Goal

- February 2 - Perks - 9 am - HP
- February 3 - Perks - 9 am - TSC
- February 4 - Better Choices Class begins - 12:30 H
- February 4 - New Line Dance class for beginners -
- February 9 - Art Class with Mitchell - 10 am HP
- February 10 - Blind Support Group 1 pm - HP
- February 11 - Widows Support Luncheon - HP
- February 15 - Closed for Presidents Day
- February 17 - Medicare Education Workshop - 5:30 - HP
- February 18 - Blood Pressure Checks - TSC
- February 18 - Cancer Support Luncheon - 12:15 - HP
- February 25 - Caregivers Support Group - 11:30 am HP
- February 25 - Blood Pressure Checks - HP
- Call Topsail for Caregivers Support date - one Friday each month, dates vary.

ABC's of hand-i-work

Art, Baskets, Crafts, Crochet, Knitting, Quilting
are all offered at one or both of our sights!
Get out and come learn!!

TAXES?

NHC library (Main)
Monday - Friday
9:00 - 1:00
No appointment necessary
Bring last year's tax returns and all applicable documents
Hampstead...Still waiting on confirmed location for AARP- Hampstead

Memorial and Honorary
Giving Program

Your Gifts to
Pender Adult Services, Inc
are acknowledged with grateful appreciation
Community Contributors
Emma Anderson Memorial Chapel
Wardell & Ruby McDuffie
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

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 (on hold)	9:00 Crocheting	9:00 Basket Class	10:30 or 11:15 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	10:30 or 11:15 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 Widow's Support (2nd)	
3:00 Lamplighters Chorus	12:30 Pinochle	1:00 Bridge	12:00 Cancer support lunch (3rd)	Saturday—closed
6:00 Line Dance	1:00 Quilting Group	1:00 Blind Support (2nd)	12:00 Meals	Facility Available
	1:00 Jewelry		1:00 Rummyque	For Rentals
	1:00 Knitting Group		3:00 Quilting/Sewing Club	

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)	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	12:15 Beginning Line Dance
12:00 Meals	10:00 Senior Crafts & fun	9:00 Woodcarving	10:00 Bingo	12:00 Meals
1:00 Poker	12:00 Meals	12:00 Meals	Health Checks (3rd)	Caregivers Support **
12:30 Tree Top Quilters(2nd)	2:00 Gentle YOGA	1:00 Canasta	12:00 Meals	**Call for info
3:30 Hospice Trg (3rd)		1:00 Knitting Group	1:00 Quilting Class	Saturday –closed
			1:00 Mahjong 1:30 Bridge	Facility Available

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

2016

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	Saturday
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	6:45 RIPPED	6:30 ZUMBA	8:30 RPM Cycling
6:40 ZUMBA	6:30 RPM			9:30 ZUMBA