



Pass it on...

The Pender-Topsail
POST
& Voice

February
2017

PENDER ADULT SERVICES, INC.



Bill Marshburn, our Senior Tar Heel Legislator for Pender County, speaks at Heritage Place.

Need help with technology?

The Retired Senior Volunteer Program is hosting a Generation to Generation event at Pender Adult Services.

Students from Pender Early College will be assisting seniors with usage of the cell phones, tablets, and/or ipods. Having difficulty retrieving

your voice mail? Not sure how to leave a message? How to download pictures? How to send a text? How to add contacts to the phone list?

This younger generation can do things so easily and they are willing to patiently help seniors with their technology difficulties.

Bring your phone/tablet/ipod and a list of things you want to learn. The event is free and will be held Feb. 7 from 10:30 a.m. until noon at Heritage Place, 901 S. Walker St. in Burgaw.

For more information call 910.259.9119, extension 329.

New to the Topsail Center

We want to welcome Donna Murphrey to Pender Adult Services. We are glad that she will be serving as Senior Center Coordinator of the

Memorial Honorary Giving Program

Have you considered a gift to Pender Adult Services? We appreciate your support for services that we offer. Your donations to PAS are tax deductible.

Consider an end of year donation to our agency. An acknowledgment 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, contact Wesley Davis at 910-259-9119

Medicare education workshop Feb. 15

A Medicare education workshop will be held Feb. 15 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.

Topsail Senior Center.

She and her husband Bob have been married for 33 years and live in Burgaw. Their son Ben, daughter-in-law Brooks, and four-year-old granddaughter Liza Gray live in Raleigh.

In her free time, Donna enjoys spending time with fam-

ily, home improvements and decorating, junking (visiting antique/junk stores) looking for a steal, painting; oil and acrylics and traveling.

"In my new position I am looking for a meaningful career working with people and assisting them to be the best they can be," Murphrey said.



Quilters meet at Heritage Place (above) on Tuesdays at 1 p.m. Quilters meet at Topsail Center (below) on Wednesdays at 9 a.m. and Thursdays at 1 p.m..



February is Healthy Heart Month

What you can do to prevent Heart Disease?

- Eat a healthy diet. Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fat and cholesterol and high in fiber can help prevent high blood cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure.

- Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's excess body fat.

- Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood

pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.

- Don't smoke. Cigarette smoking greatly increases your risk for heart disease. So, if you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

- Limit alcohol use. Avoid drinking too much alcohol, which causes high blood pressure.

Prevent or Treat Your Medical Conditions

If you have high cholesterol, high blood pressure, or diabetes, there are steps you can take to lower your risk for heart disease.

- Have your cholesterol checked. Your health care provider should test your cholesterol levels at least once every five years. Talk with

your doctor about this simple blood test.

- Monitor your blood pressure. High blood pressure has no symptoms, so be sure to have it checked on a regular basis.

- Manage your diabetes. If you have diabetes, closely monitor your blood sugar levels. Talk with your health care provider about treatment options.

- Take your medicine. If you're taking medication to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

- Talk with your health care provider. You and your doctor can work together to prevent or treat the medical conditions that lead to heart disease. Discuss your treatment plan regularly and bring a list of questions to your appointments.

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 includes electronic filing.

This service will be available beginning Feb. 1 in Hampstead at the Topsail Senior Center. The center is located at 20959 Hwy 17, Hampstead. For directions call 910-270-0708.

This service will be avail-

able on Mondays and Wednesdays from 1-5 p.m. on a first come first serve basis. This service is available to low and moderate income taxpayers of all ages, including seniors. .

Taxpayers should bring social security cards for themselves and dependents, W-2's from each employer, statements of unemployment income, SSA-1099 if a recipient of social security benefits, and all 1099 forms (1099-INT, 1099-DIV, 1099-B, etc).

Those who received a pension, or a distribution from an IRA, should bring their 1099R forms.

In addition, if the taxpayer paid for daycare for a child or disabled dependent they should bring information on dependent care providers (name, employer ID number – or social security number if an individual), receipts or canceled checks if itemizing deductions, and a copy of the 2016 tax return, if available.

Heritage Happenings

In January, Pender Adult Services hosted a meet your Senior Tar Heel Legislator (STHL) day at Heritage Place.

Bill Marshburn, Pender County's Tar Heel Legislator, and John Lutz, Pender STHL alternate, met with seniors to give an overview of the priorities of the STHL.

The legislature's purpose is to provide information and education to senior adults on the legislative process and matters being considered by the N.C. General Assembly. They also promote citizen involvement and advocacy concerning aging issues before the N.C. General Assembly.

The N.C. Senior Tar Heel Legislature reports and makes recommendations to the North Carolina General Assembly. Bill Marshburn and John Lutz reviewed the legislative priorities and gave seniors an opportunity to ask questions.

You are encouraged to make your voice heard at Heritage Place and Topsail Senior Center participate in

YOUR VOICE MATTERS with hundreds of other senior centers from across the state in a Feb. 14 advocacy event. The event for Pender County will take place at both centers from 11 a.m. until 1 p.m.

We are contacting our state legislators requesting increase funding for senior centers by an additional \$300,000 in recurring funds.

There are 163 senior centers in 96 counties that provide programs and services to enhance the health and wellness of older adults. There services are of significant benefit to help elders remain independent, thus delaying their potential for costlier services or housing options.

Senior center general purpose money is vital to support critical center operations. To maintain operation, senior center must leverage resources from a variety of sources that include federal, state and local governments, special events, participant contributions and grants and

volunteer hours.

Funding for senior centers has not met the needs of the increasing aging baby boomer's generation who now constitute more than two-thirds of the 50-plus population.

It is recommended that the General Assembly increase funding for Senior Centers to continue to meet the vital needs of North Carolina's growing population of older adults.

Requests should include a Valentine thank you for funding senior centers and a specific request for increased funding by \$300,000. You can include one or two statements of what the senior center means to you. Participating in this event will put and keep our senior centers on the minds of our legislators.

If you are unable to attend the *YOUR VOICE MATTERS event*, you may write, email or call your state legislator. For more information, please contact Jennifer Mathews at (910) 259-9119, extension 303.

Employment Opportunities Through the SENIOR AIDES PROGRAM --a unique Federal Program--

The Senior AIDES Program offers senior citizens (55+) an opportunity to be placed into significant community services employment, while continuing to look for unsubsidized employment in the private or public sector.

**Interested in finding out more?
Call the Senior AIDES Office at
(910) 798-3910**

P O Box 132, Wilmington, NC 28402

A program of the Cape Fear Area United Way



Hollywood Heart Day

February 23, 2017

Heritage Place

11:00—1:15

WEAR RED AND STROLL THE RED CARPET

SEE THE HOLLYWOOD STARS

- Ceri-fit
- Blood Pressure checks
- Hollywood Walk of Fame
- Lunch
- Program



February Calendar

Feb 3 - Wear Red Day for Heart Month

Feb 7 – RSVP Perks(HP)9 am

Feb 7 - Help with your Device Day (HP) 10:30

Feb 8 – RSVP Perks(TSC) 9 am

Feb 14 – Your Voice Matters – Valentines Party(HP & TSC)

Feb 15 - Medicare 101 Event(HP) 5:30 – 7 pm

Feb 16 - Deaf & Hard of Hearing (HP)

Feb 16 – Blood Pressure Checks (TSC) 11 am – 1 pm

Feb 23 - Hollywood Theme - Happy Heart Fair with PCHD (HP)

Feb 23 – Blood Pressure Checks (HP) 11 am – 1 pm

Feb 23 – Alzheimer's Support Group(HP) – 11:30 – 1 pm

AARP Tax assistance ongoing at Topsail Mon & Wed- 1 pm - 5pm



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!

Phone: 910-259-9119

In-County Transportation Available

PAS-TRAN is accepting
New in-county riders
Call 910-259-9119 Press 1
TDD/TTY 1-800-735-2962

Blood Pressure Checks & Health Assessments B P Checks by the Pender County Health Department

Thursday, Feb. 16 Topsail Center
11 a.m. until 1 p.m.
Thursday, Feb. 23 Heritage Place
11 a.m. until 1 p.m.

DEALING WITH HEARING LOSS

IS NOT AS SIMPLE AS GETTING A HEARING AID.



DID YOU KNOW THAT HEARING LOSS AFFECTS EVERY ASPECT OF LIFE?

DID YOU KNOW THAT THERE ARE SERVICES THAT CAN HELP YOU
LEARN MORE ABOUT THE IMPACT OF HEARING LOSS?

DID YOU KNOW THAT THERE ARE MANY TYPES OF EQUIPMENT
AVAILABLE THAT AMPLIFIES TELECOMMUNICATION (PHONE USE)?

North Carolina Division of Services for the Deaf and the Hard of Hearing

Presents a **FREE** information session that focuses on the array of no cost services they provide. The session includes information about an Equipment Distribution Service that may provide products to qualifying applicants with hearing loss who have difficulty hearing on the phone.

Before you begin your quest for hearing care services, become a SAVVY consumer and a SUCCESSFULL user of services for people with hearing loss.

Seating is limited and an appointment is required.

(AN INFORMATION SESSION IS REQUIRED FOR ANYONE APPLYING FOR EQUIPMENT THROUGH E.D.S.)

For more information or to schedule an appointment

Call 800-205-9915 or 910-251-5702

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	9:00 Crocheting	9:00 Basket Class	11:00 Geri-fit	
12:00 Meals	9:00 <i>RSVP Perks (1st)</i>	11:00 Bingo	11:30 Caregivers Support (4th)	11:00 Bingo
1:00 Bid Whist	11:00 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 Meals	
3:00 Lamplighters Chorus	12:30 Pinochle	1:00 Bridge	1:00 Rummyque	Saturday—closed
6:00 Line Dance	1:00 Quilting Group	1:00 <i>Blind Support (2nd)</i>	3:00 Quilting/Sewing Club	Facility Available For Rentals
	1:00 Jewelry			
	1:00 Knitting Group			

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 & Cribbage	11:00 Line Dance
10:00 Modified PILATES	9:00 Geri-Fit	9:00 <i>RSVP Perks (1st)</i>	10:00 YOGA	12:00 Meals
12:00 Meals	10:00 Senior Crafts & fun	10:00 <i>Knitting Group</i>	10:00 Bingo	Caregivers Support **
1:00 AARP Tax Aide	12:00 Meals	12:00 Meals	11:15 Beg. Tai Chi	**Call for info
1:00 <i>Tree Top Quilters(2nd)</i>	2:00 Gentle YOGA	1:00 Canasta	12:00 Meals	Saturday –closed
3:00 <i>Hospice Trg (2nd)</i>	3:15 Advanced Tai Chi	1:00 AARP Tax Aide	1:00 Quilting Class	Facility Available For rentals
			1:00 Mahjong 1:30 Bridge	

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Feb 2017

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	8:30 BODYPUMP
8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	9:40 YOGA	9:50 PILATES
9:40 YOGA	9:40 YOGA	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
10:45 FIT OVER 50	10:45 FIT OVER 50			Saturday
4:30 RPM Cycling	5:30 BODY ATTACK	5:30 BODY PUMP	5:30 RPM Cycling	Open 8:00—2:30
5:30 BODYPUMP	5:30 RPM Cycling	Massage by Appointment	6:30 RPM Cycling	8:30 RPM Cycling
	6:30 ZUMBA		6:30 ZUMBA	8:30 Body Attack
				9:30 ZUMBA