



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

January
2016



Enjoy the benefits of running

Article from Shape.com submitted by Charlotte Hilton Andersen | Sep 14, 2015

You don't need long distance running to reap the health rewards of pounding the pavement

If you've ever felt embarrassed about your morning mile as you scroll through friends' marathon medals and Ironman training on Instagram, take heart—you may actually be doing the best thing for your body.

Running just six miles a week delivers more health benefits and minimizes the risks that come with longer sessions, according to a new meta-analysis in the Mayo Clinic Proceedings.

Research done by some of the world's most foremost cardiologists, exercise physiologists, and epidemiologists looked at dozens of exercise studies spanning the past 30 years. Combing through data from hundreds of thousands of all types of runners, researchers discovered that jogging or running a few miles a couple of times a week helped manage weight, lower blood pressure, improve blood sugar, and lower the risk of some cancers, respiratory disease, stroke, and cardiovascular disease.

Even better, it lowered the runners' risk of dying from any cause and extended their lives an estimated three to six years—all while lessening their risk for overuse injuries as they aged.

That's a lot of return for a pretty small investment, said lead author Chip Lavie, M.D., said in a video released with the study. And all of those health benefits of running

come with few of the costs that people often associate with the sport. Contrary to popular belief, running did not seem to damage bones or joints and actually lowered the risk of osteoarthritis and hip replacement surgery, Lavie added.

Plus those who ran less than six miles per week—only running one to two times per week—and less than 52 minutes per week—well less than the federal activity guidelines for exercise—got the maximal benefits, says Lavie. Any time spent pounding the pavement more than this didn't result in any increased health benefits.

And for the group that ran the most, their health actually declined. Runners who ran more than 20 miles a week did show better cardiovascular fitness but paradoxically had a slightly increased risk of injury, heart dysfunction, and death – a condition the study authors termed “cardiotoxicity.”

“This certainly suggests that more is not better,” Lavie said, adding that they're not trying to scare people who run longer distances or compete in events like a marathon as the risk of serious consequences is small, but rather that these potential risks may be something they want to discuss with their doctors. “Clearly, if one is exercising at a high level it isn't for health because the maximum health benefits occur at very low doses.”

But for the majority of runners, the study is very encouraging. The takeaway message is clear: Don't be discouraged if you can “only” run a mile or if you're “just” a jogger; you're doing great things for your body with every step you take.



Photo contributed

Seven Camp Lejeune Marines along with Santa were special guests at the Heritage Place Christmas Party this year. The marines came in support of our seniors and the Toys' for tots program. Marine Corp Retiree Robert Edwards hosted these young men from various parts of the country. A truckload of items were collected for Toy's for Tots.

Resolve to beat the winter blues

By Jennifer Mathews
Pender Adult Services

Following the “most wonderful time of the year” we find ourselves amidst the winter blues. They are real and for some people harder than others. The days are shorter, the holiday bills are a reality, and usually temperatures are low and in our case – rainy.

I have found a few remedies for this low time that work for me. My first source is a

phone call to a friend or my grandmother. Socializing with others lightens my mood. Another thing that I do is knit.

Creating something for my daughter or a friend helps me feel productive. Reading is another great activity to take your mind away. Playing games and exercise motivates me to be in a better mood, too.

Some other things that you can do are: Get outside (or out of the house). Join a friend for lunch or bring a friend

to Heritage Place or Topsail Senior Center for an activity. Volunteer!

This could mean making some phone calls as a part of our telephone reassurance program, delivering meals on wheels, or volunteering with RSVP and visiting a shut-in.

Other ideas that I found online include: Adding more light by opening blinds and sitting closer to the window. Purchase a “light box” to increase your daylight. Ex-

ercise. It has been proven effective for mild to moderate depression. Add some music to your day. Upbeat cheery music improves your mood. One other suggestion is to eat smarter, including a small amount of chocolate can enhance your mood.

Join us at Pender Adult Services for classes, exercise, health awareness, and meals or to volunteer. We would love to be a part of your 2016 resolutions!



Photo contributed

Topsail line dancing classes every Friday at Topsail Senior Center 11 a.m until noon with the intermediate/advanced group 12:15-1 p.m. The beginners group line dancing is fun and great exercise. Four week class fee is \$5 for 60 and over and \$8 for 59 and under. New beginners group starts in January. Call the Topsail Senior Center at 270-0708 for more information.

Caregivers class offered at Topsail Center

Are you a caregiver? Are you tired and having trouble making time for yourself?

RSVP is sponsoring a class for you in Hampstead. The class is free but there is a six-week commitment of 2.5 hours each week. The class will be offered on Wednesdays from 10 a.m. until 12:30 p.m. with light breakfast refreshments.

There is a maximum of 15 people in the class so encourage those you know to sign up right away.

The purpose of this class is to teach the caregiver how to make themselves a priority and care for themselves as well. On an airplane, passengers are instructed in an emergency to use the oxygen mask on yourself first, then tend to a child or another needing help.

The same should be with a caregiver – it is very important to take care of your needs first and then care for your loved one.

The class is open to anyone in the community that is a caregiver. Spread the word about this class – let church friends, neighbors, family members or anyone else know that needs support to please attend.

The class will begin Wednesday, Jan. 20 and be held each consecutive Wednesday for six weeks at the topsail senior center. Sign up by calling the RSVP office at 259-9119 extension 329.

Fitness Fusion activities

Afraid of running-jogging? Need some encouragement to get started? Fitness Fusion wants to help you with that. Beginning Jan. 11, the gym will begin an eight-week training plan to get you from little or no experience at running to being prepared for your first 5K in March.

Join our running group which will meet at Fitness Fusion three times weekly. The staff will provide support and training to prepare for success. Contact us and let us know that you are interested. We will be setting up times for coaching sessions based on your responses. You may

email us at Fitnessfusionctr@aol.com. Please include Name Phone and indicate morning or evening and days that you can train Upcoming Events

Information meeting
Tuesday January 5, 2016
from 5:30 PM to 6:30 PM EST

Continued on back



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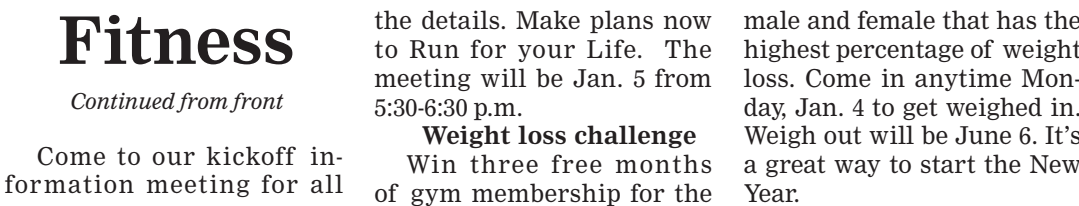
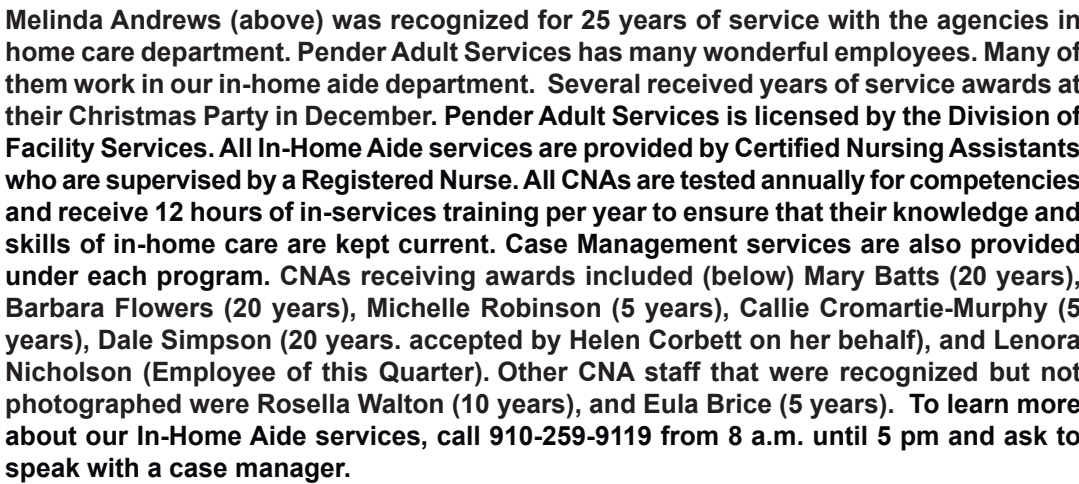
Jimmy Wilson, Pharm. D
Randy Spainhour, Rph.
Krista Strickland, Pharm. D

This store gladly accepts Medicaid, Medicare, Blue Cross/Blue Shield, State Teachers Plan and most other third party prescription plans.

VISIT OUR
Old-Fashioned
SODA
FOUNTAIN

Open Monday - Friday
9 a.m. - 6 p.m.
Saturday 9 a.m. - 1 p.m.

FREE DELIVERY



January 1 - Happy New Year's - All facilities closed
January 4 - 2016 Heritage Place & Topsail Senior Center winter classes begin
January 5 - Couch Potato to 5 K - informational meeting
January 8 - New Line Dance class for beginners starts 12:15-TSC
January 11 - Couch Potato to 5 K kickoff - FF
January 13 - Blind Support Group 1 pm - HP
January 14 - Widows Support Luncheon - 12:15 - HP
January 14 - Cruise Meeting 1:15 - HP
January 18 - Closed for Martin Luther King Jr Day
January 21 - Blood Pressure Checks - TSC
January 21 - Cancer Support Luncheon - 12:15 - HP
January 28 - Caregivers Support Group - 11:30 am HP
January 28 - Blood Pressure Checks - HP
Heritage Place Card/Game group
Monday - Bid whist and Canasta
Tuesday - Pinochle
Wednesday - Bridge
Thursday - Rummique/Mexican Train
Topsail Card/Game Groups
Monday - Poker
Wednesday - Canasta
Thursday - Cribbage, Bridge and Mah Jong

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

We regret that we failed to thank our Cape Fear Early College students that helped serve at our auction. We have also received an additional sponsor – Four County Electric Corporation. Again we thank the community for your support of this event

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	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	

Phone: 910-270-0708

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—5:00 pm	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 <i>RSVP Perks (1st)</i>	10:00 YOGA & Cribbage	12:15 Beginning Line Dance
12:00 Meals	10:00 Senior Crafts & fun	9:00 <i>Woodcarving</i>	10:00 Bingo	12:00 Meals
1:00 Poker	12:00 Meals	12:00 Meals	Health Checks (3rd)	Caregivers Support **
12:30 <i>Tree Top Quilters(2nd)</i>	2:00 Gentle YOGA	1:00 Canasta	12:00 Meals	**Call for info
3:30 <i>Hospice Trg (3rd)</i>		1:00 Knitting Group	1:00 Quilting Class	Saturday —closed
			1:00 Mahjong 1:30 Bridge	Facility Available

Phone: 910-259-0422

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	Tuesday	Wednesday	Thursday	Friday
Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00	Open 5:30—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 <i>Health Checks (1st)</i>	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 <i>Health Checks (1st)</i>		12:15 RPM Express	5:30 TURBO KICK	Saturday
4:30 RPM Cycling	5:30 RPM Cycling		5:30 RPM Cycling	Open 8:00—2:30
5:30 BODYPUMP	6:30 ZUMBA	5:30 BODY PUMP	6:30 ZUMBA	8:30 RPM Cycling
6:40 ZUMBA				9:30 ZUMBA