



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

January  
2019



## Tax help for seniors

Appointments are begin required this tax season for those who would like their taxes done for free by trained Tax-Aide volunteers at the Topsail Senior Center.

This service will be available beginning February 4, 2019 on Mondays and Wednesdays from 1-5 p.m. by appointment. This service is available to low and moderate income taxpayers of all ages, including seniors.

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. Tax-Aide is a charitable non-profit program administered by the AARP Foundation.

This service will be available by appointment beginning Feb 4th in Hampstead at the Topsail Senior Center. The center is located at 20959 Hwy 17, Hampstead.

For appointments and directions call 910-270-0708. Two tax days are being planned by appointment for Heritage Place, Burgaw for late February.

Taxpayers should bring picture ID, social security cards for themselves and dependents, all information and forms relating to their income and the filing of their income tax returns, including W-2, 1099, SSA 1099, broker statements and a copy of last year's tax return, if available.

Also information concerning health insurance coverage, including Forms 1095-A, B or C if applicable as well as details of itemized deductions if applicable.



Pender Seniors enjoyed a Christmas trip to NYC. We had a beautiful walk in Central Park, visited the Rockefeller Christmas Tree, saw a Broadway show and visited the 911 Memorial Museum.

## Be careful during flu season

By Rebecca Boggs, RN  
Contributing Writer

The 2017-2018 flu season was one of the worst with 185 flu related pediatric deaths.

Take steps now to protect yourself and others. If you haven't already, it's not too late to get a flu shot.

•Wash your hands. This may be the most important thing you can do to prevent the flu. Use soap and hot water and scrub for at least 15-20 seconds. Singing the Happy Birthday song through twice in your head takes about 20 seconds. Alcohol based sanitizing rubs can be effective if soap and water are not available. Squeeze a quarter size dollop in your hands and rub until they are dry. Don't touch your face unless you've

washed your hands.

•Get plenty of sleep. If you haven't developed a routine already, create a regular bedtime that allows for at least 7-8 hours of sleep. This will help your body fight illness.

•Consider food as medicine! Vegetables and fruits are loaded with immune building vitamins and minerals. Start with at least three servings of vegetables and two servings of fruit daily. Limit or avoid sugar and processed foods. Some studies have shown that eating sugar immediately suppresses immune function, making you more susceptible to illness.

•Manage your stress. Sometimes easier said than done but we all know stress practically invites illness. If you have stress, make it a prior-

ity to find ways to relieve it. Yoga, exercise, deep breathing exercises, and making time for yourself are good suggestions.

•Consider adding Vitamin D3. There is growing evidence that Vitamin D3 plays a crucial role in fighting disease. The best way to get enough vitamin D is through sun exposure. In the winter when the days are short and cold, it is hard for most adults to get enough vitamin D. Talk to your doctor about adding a D3 supplement.

•Learn to recognize the symptoms of the flu: fever (although it is possible to have the flu without fever), chills, cough, sore throat, sneezing, muscle or body aches, runny or stuffy nose, headache and fatigue. At the first symp-

toms, call your doctor. There are treatments available but they are more effective if started within two days of getting sick.

If all else fails and you find yourself sick, stay home. The flu is very contagious. It is possible to spread the virus one day before and up to seven days after symptoms appear.

Also, staying home and resting will help you recover with less risk for complications such as bacterial pneumonia, sinus or ear infections, dehydration, and worsening of chronic medical conditions such as Diabetes or Asthma. Drink plenty of water and clear liquids. Most people will recover in less than two weeks but complications can be life threatening.

Seek medical attention

for yourself or your loved ones if:

•There is a fever over 100.5 that has lasted 5 days or more

•There is poor fluid intake and little urine output

•There is severe neck pain or stiffness

•There is specific pain such as an earache that doesn't get better

•There is breathing difficulty or a cough that worsens and lasts longer than four weeks.

Flu seasons are unpredictable. Take steps now to protect yourself and your loved ones.

For more information on the flu or the 2018-2019 flu season in particular, visit:

<https://www.cdc.gov/flu/about/season/current.htm>.

## Nutritional program offered at Heritage Place

Steps to Health, Nutritional Program Education will be offered at Heritage Place beginning Jan. 24 at 12:15 p.m. The class is offered in cooperation with Pender County Cooperative Extension.

The program is an eight-session chronic disease prevention program that provides strategies to help adults man-

age their health. It informs, empowers, and motivates participants to change their eating and physical activity patterns.

The program provides opportunities for participants to track their goals and progress toward healthy eating and physical activity behaviors. Each one hour session contains

a basic cooking demonstration and sample of a healthy recipe. A few lesson titles include: Taking Control, Moving More, and Living Mindfully, Eating more Fruits, Vegetables and Whole Grains.

Please sign up by calling Heritage Place at 910-259-9119 extension 301 or sign up at the reception desk.



## THANK YOU FOR PARTICIPATING

*Toys for Tots was a huge success!!*

*We appreciate your contributions.*

*We had so many items that they had to come back for a second pick up!*



Pender Adult Services recognized Nurse Aides in December. PAS is proud of their years of service with the agency. Alice Simpson and Audrey Fennell (top) received a 10-year pin in December for their service to agency clients. Lenora Nicholson (above right) was recognized at the Nurse Aide Christmas party for 25 years of dedicated service to Pender Adult Services. Several have provided quality service to our clients for 30 years. The Nurse Aides recognized for 30 years of service in 2018 (above left) Patricia Bush, Sally Clayton, Elma Woods and Dorothy Taylor. Rebecca Boggs, RN and Wesley Davis, Executive Director presented their awards.



**Please call the center 259-9119 X 309 (or call 910-270-0708 for Topsail) if you need information, referral or assistance with any of the following services:**

Health Screenings	Fitness & Health Promotion
Insurance Counseling	Tax Preparation/Counseling
Legal Services	Transportation Medical/General
Caregivers Classes	Family Support Groups
Housing	Reverse Mortgage Counseling
Home Repair/Modification	Home Health Services
In-home Aide Services	Medicaid Benefits/Medicare Benefits
Social Security Benefits	Job Training/Placement
Adult Day Care/Day Health	Community Mental Health
Disaster Services	Durable Medical Equipment/Assistive Devices
Hospice Care	Long-term Care Facilities
Rehabilitation Services	Report Suspected Abuse, Neglect or Exploitation
Respite	SHIIP (Senior Health Insurance)
Telephone Reassurance	Congregate Meals/Home Delivered Meals
Energy Assistance	Food Distribution

•Thank you to Pender County Master Gardeners for the fresh greenery arrangements that were delivered to our home delivered meal clients in early December! They do this every year!

•Thank you to UNCW Information Technology Department

*These were delivered to our for Meals On Wheels clients just before Christmas!*

Thank You to the Blueberry Festival Committee for  
the \$1,000 donation to Meals On Wheels

Geri-fit is a 45-minute strength training exercise class for older adults. No aerobics, choreography or dancing, and best of all, there's no floor work! Most of the exercise are performed seated in chairs. Requires just a set of two-pound dumbbells, a stretch band and water to drink during the workout. Open to men and women of all senior ages and fitness levels; work out at your own pace. Classes are taught by a Certified Instructor. Eight, 45-minute classes in each term described below.

*Consumer contributions are appreciated*

*Wesley Davis at 910-259-9119.*

February 4 – AARP Tax Aide Tax Preparation offered by appointment (TSC)

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**  
**Open 5:00—8:00**  
**5:30 RPM Cycling**  
**8:30 BODYPUMP**  
**9:40 YOGA**  
**10:45 FIT OVER 50**  
**5:30 BODYPUMP**

**Tuesday**  
**Open 5:00—8:00**  
**5:30 RPM Cycling**  
**8:30 Cardio Fit\*NEW**  
**9:40 YOGA**  
**10:45 FIT OVER 50**  
**5:30 BODY ATTACK**  
**6:30 RPM Cycling**

**Wednesday**  
**Open 5:00—8:00**  
**7:00 RPM Cycling**  
**8:30 BODYPUMP**  
**9:50 PILATES**

## Message by Appointment

**Thursday**  
**Open 5:00—8:00**  
**5:30 RPM Cycling**  
**8:30 Gentle Yoga**  
**10:45 FIT OVER 50**

### 5:30 RPM Cycling

**Friday**  
**Open 5:00—9:00**  
**8:30 BODYPUMP**  
**9:50 PILATES**  
**5:30 BODY PUMP**

**Saturday  
Closed  
CALL FOR  
UPDATES**

# SCHEDULE 2019