

# PASS IT ON

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

July  
2010



The Pender  
**POST**

## Seniors can enjoy summer safely

Many people look forward to the warm weather, particularly senior citizens. Spending time outdoors can be healthy and refreshing – but seniors exposed to too much sun and heat could be at risk medically.

Each year exposure to high temperatures and humidity leads to hundreds of deaths across the country. Seniors comprise a large percentage of heat-related illnesses and deaths. Seniors have a harder time adjusting to extreme temperatures than younger adults, which puts them at risk. Also, certain pre-existing medical conditions and medications could make older individuals more susceptible to heat-related illness.

One of the factors contributing to seniors' risk of health implications from hot weather is their loss of the sensation of thirst as they grow older.

Without the desire to drink regularly, individuals could become dehydrated very easily. This, factored in with changes in body temperature regulation, can result in confusion, falls and other preventable adverse effects.

Safety is of utmost concern during the warm weather. Do not take any situation lightly because it could impact one's health. Here are some precautions to follow.

\* Move slowly: Rushing around in

hot weather can cause body temperature to rise more quickly and make you even hotter. Slow down when it is warm and do plenty of relaxing.

\* Know the ambient temperature indoors: The heat inside can quickly rise. Keep curtains and blinds drawn to reduce the amount of heat from the sun. Check the thermostat to find out the temperature. If you have an air conditioner or fan, turn it on to cool down the house if the temperature is creeping above 85 F. Otherwise, seek a cooler location until your home cools down.

\* Drink plenty of fluids: Beverages such as water, fruit juices, decaffeinated teas and the like can keep you hydrated and in top form. Avoid alcoholic beverages, soft drinks and caffeinated products.

\* Plan outdoor activities during cooler hours: If you must spend time outdoors, do so early in the morning or in the evening when the temperatures are bound to be lower and less taxing.

\* Indulge in a little "cooling off": Take a dip in a neighborhood pool or treat yourself to an ice cream sundae. Do what you need to stay cool.

\* Don't ignore signs of health problems: If you feel dizzy, have shortness of breath, have stopped sweating, or confusion, it could be heat exhaustion. Call for medical help immediately.



What is your recipe for strength? Adine at Fitness Fusion says "stay away from home and the refrigerator, increase my exercise, and always ZUMBA."

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Jimmy Wilson, Pharm. D.  
Kim Basden, Pharm. D. Randy Spainhour, RPh.

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## Elder Abuse Awareness Day

**Elder Abuse Awareness Day** was held at Heritage Place on June 15. . The fraud/scam prevention event was planned by the Elder Abuse Prevention Network. Speakers for the event included Dennis Streets, NC Division of Aging and Adult Services; Sheriff Caron Smith & Det. Brennan Regner, PC Sheriff's Department; Caroline Farmer, NC Attorney General's Office; Stephanie Bias, NC Seniors' Health Insurance Information Program; Cory Mathes, NC State Employees Credit Union. Topics included Identity Theft, Medicare Fraud, Scams and Elder Abuse. The event was moderated by Si Cantwell, columnist with the *Wilmington Star-News*.

## Age Strong Live Long!

By Hope Cusick

This is my philosophy and recipe on living a long and strong life.

Live life to its fullest by making sure to smile every chance you can. Learn at least one new thing a day. Love like you've never loved before and say it whenever you can. Take care of your health. Travel, read, write about your life, take a course in something you've always wanted to do, walk or exercise



frequently, volunteer, do something for someone else, join a club, call someone you haven't heard from in a while. Have at least two good friends. Keep in touch with family. Pray every day for someone who is less fortunate, and thank God you have the life you have. Stop in the afternoon to have a cup of tea and ask someone to join you. Hug a child or pet an animal. Be happy with what you have and share it with the less fortunate.



***Please call the center 259-9119 if you need information, referral or assistance with any of the following services:***

- Health Screenings
- Fitness & Health Promotion
- Senior Games
- 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
- Insurance Counseling / SHIP
- Telephone Reassurance
- Congregate Meals/Home Delivered Meals

### ***Memorial and Honary Giving Program of Pender Adult Services***

#### **CONTRIBUTORS:**

Emma Anderson Memorial Chapel  
Hampstead Women's Club  
Holy Trinity Episcopal Church  
St Joseph's Church  
Tonya Lacewell Turner  
Topsail Moose Lodge  
Wesleyan Chapel United Methodist  
Willarlea Ruritan

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 or toll-free at 1-877-259-9119.

## Hamricks & Tanger Outlets

Tentative date: August 31

COST: TBA

Time: 7:30—7:30

Shopping @ Hamricks  
Lunch on your own  
*Afternoon*  
*at Tanger Outlet*

First come, first serve  
Reservations open  
July 21st.



SHOPPING TRIP  
MYRTLE BEACH



## Red White & Blue Day

July 1st at Topsail  
July 2 at Heritage Place  
At Lunchtime at the center  
Wear our colors,  
Celebrate our freedom  
Recognize our soldiers!!



Public Transportation  
is available to person 18 years  
and older throughout Pender County.  
The cost per ride is \$3 each way.  
A 48 hour notice is necessary  
to arrange transportation.  
Please call (910) 259-9119 or  
(910) 259-8434 to  
make arrangements.

## What is your recipe for strength?

“My recipe is simple: Stay positive, spirited and living life, energetic and wanting to experience all that is good; not always looking for neat and tidy. Live, unafraid, unashamed untamed, unleashed and dare to imagine that you can help create a better world. My lasting strength come from the faith of my belief in God and investments I’ve made in issues that matter and will prevail in the end when everything else melts away.”

Submitted by Sara (Heritage Place)





# ***Pender Adult Services, Inc***

Heritage Place  
901 South Walker Street  
Burgaw, NC 28425  
(910) 259-9119

*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.*

Topsail Senior Center  
20959 Highway 17  
Hampstead, NC 28443  
(910) 270-0708

## **Heritage Place Opportunities**

<b>Monday</b> 8:00—7:00	<b>Tuesday</b> 8:00—7:00	<b>Wednesday</b> 8:00—5:00	<b>Thursday</b> 8:00—5:00	<b>Friday</b> 8:00—3:00
9:00 Oil Painting 12:00 Meals 1:00 Bowling (2 & 4) 1:00 Bid Whist 1:00 Canasta 3:00 Senior Chorus 5:00 Basket Class (Sept) 6:00 Line Dance (July)	9:00 Crocheting 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting 5:30 Weight Watchers	9:00 Basket Class (Sept) 11:00 Bingo 12:00 Meals  1:00 Bid Whist 1:00 Bridge 1:15 Woodcarving	7:00 Burgaw Rotary 11:00 Sit & Be Fit 12:00 Meals 1:00 Mexican Train  3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals  <b>Saturday—closed</b> Facility Available For Rentals

## **Topsail Senior Center Opportunities**

<b>Monday</b> 8:00 am—5:00 pm	<b>Tuesday</b> 8:00 am—5:00 pm	<b>Wednesday</b> 8:00 am—5:00 pm	<b>Thursday</b> 9:00 am—5:00 pm	<b>Friday</b> 9:00 am—2:00 pm
10:00 Modified Pilates 10:00 Beading 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 1:30 Bowl@Ten Pin (2nd & 4)	9:00 Baskets (Sept) 10:30 Bingo 12:00 Meals 2:00 Gentle Yoga 3:00 One Stroke Painting 3:30 Line Dancing (Sept)	9:00 Quilting Class (Sept) 10:00 Knitting Group 10:00 Crocheting Group 10:00 Jewelry Making 12:00 Meals	9:00 Current Events Coffee 10:00 Yoga 10:30 Bingo 12:00 Meals 1:00 Quilting Class (Sept) 1:00 Card Playing 1:00 Mahjong	10:00 Quilting/Sewing 12:00 Meals 1:00 Vitality in Action  <b>Saturday—closed</b> Facility Available For Rentals

## **Fitness Fusion Group Fitness Classes**

<b>Monday</b> Open 6:00—9:00	<b>Tuesday</b> Open 6:00—9:00	<b>Wednesday</b> Open 6:00—9:00	<b>Thursday</b> Open 6:00—9:00	<b>Friday</b> Open 6:00—9:00
8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50  5:30 BODYPUMP 6:40 YOGA	8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 12:15 WAIST DOWN  5:30 ZUMBA 6:40 ZUMBA	8:30 BODYPUMP 9:40 PILATES  5:30-6:30 BODY PUMP 6:40 YOGA	8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50  5:00 KARDIO KICKBOX 6:05 ZUMBA	8:30 BODYPUMP 9:40 PILATES 5:30 BODY PUMP  <b>Saturday</b> Open 8:00—4:00 9:00 BODY PUMP

***Fitness Fusion Information:259-0422***