



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

July
2015



Photo contributed

RSVP sponsored a Rape Defense class for volunteers. It was taught by New Hanover County Sheriff Department RAD instructors.

Topsail Senior Center news

By Kay Stanley
Topsail Center Director

Summer is rolling along at the Topsail Senior Center. Come join us for a regular activity or a special event. Take a look at the schedule on this insert and see what you are interested in.

The Honor Flight Movie will be offered at 10:30 a.m. on July 7. The movie is offered in cooperation with Lower Cape Fear Hospice. Honor Flight is a heartwarming documentary about four living World War II veterans and

a Midwest community coming together to give them the trip of a lifetime.

We have two more line dancing classes on July 10 and 17. Weekly classes in the fall with one for more advanced dancers and another for beginners. The Caregiver's Support Group meets on the fourth Friday at 1 p.m. with Tim Holsather. It would be best to call first in case of a change. The Wednesday Canasta group is continuing to grow and welcome newcomers. Bridge meets on Thursday afternoons and

they always have a good time. I would also like to mention that if you are interested in woodcarving to call us at 270-0708. We are working on having a Wednesday morning group in the future.

All our volunteers are so appreciated here at Topsail. They absolutely keep day-to-day activities flowing as smoothly as possible, especially when there are different classes going on at the same time. Everyone pitches in to help and keep things rolling, thank goodness.

We continue to enjoy and

appreciate the work that Matthew Morgan with Wounded Warriors Program is doing for us. We also want to thank Annette Dietzen and her son Trace in their project in clearing out the hidden parking lot. They have worked for months clearing out the dirt, straw and trimmed out limbs and trees to open it up. We now have a second parking lot. One of our regulars, Helen Scott will be moving to Florida. She has been a Monday and Wednesday kitchen volunteer for more than years. We will miss you Helen.

Heritage Place happenings

By Jennifer Mathews

I am not sure where June has gone, but it flew by. My grandmother always said the older you get the faster time flies, I guess I am getting older then. I am in good company.

Older Americans were recognized in late May. We had five ladies more than 90 years-old present for lunch that day. We played a few games and reminisced. The Elder Abuse Advocacy day was held June 18.

We had a nice group that attended the program which emphasized our responsibility in reporting Elder Abuse. We must advocate for others who may not speak up for themselves.

The program included an informational skit on how to report abuse and also some take home magnets with the hotline number on them.

We would love to see you at Heritage Place for lunch, socializing or learning. We have many activities going on and you can keep you cool. Card groups meet in the afternoon heat in a cool air conditioned

room. We have a senior who is willing to teach you to play Bridge.

Contact Jennifer if you would like to learn. Please see the schedule for all the activities that are offered. Geri-fit is in full swing. We meet Tuesday and Thursday at 11 a.m. for 45 minutes of strengthening, balancing and encouragement.

July Promises to be another hot month so get in out of the heat and participate with us at Heritage Place. If you don't see something you would like to do make a suggestion to me.

Most likely someone else would like to join you in doing a favorite activity. We are beginning a Widows Lunch on the second Thursday of each month.

This will be an informal support chat session during lunch. We have a presentation on a Telemonitoring program provided by Wellcare July 14 at 11:30 a.m.

We are trying out a new learn to draw activity at 10 a.m. on July 14. Hope to see you and stay cool.

Handling the heat

By Rebecca Boggs, RN
Pender Adult Services, Inc.

As temperatures soar to record highs in our area, so does the risk for heat related conditions. Everyone exposed to the heat is at risk but the elderly are more prone than younger people for several reasons: As we age our bodies don't adjust as well to temperature changes.

Decreased kidney function makes it harder for the body to conserve fluid. Some prescription medications may interfere with the body's ability to adjust to temperature changes. And the elderly are more likely to have at least one chronic medical condition that may interfere with the body's normal response to heat.

It's important for everyone to exercise precaution when temperatures soar. Drink plenty of cool, non-alcoholic beverages. Water is best. Rest and limit activity during the hottest time of the day. Stay in air-conditioned places as much as possible and wear light weight clothing. But it's particularly important for elderly people to take extra steps to stay cool.

One of the most important things we all can do is learn how to recognize the signs and symptoms of heat related illness and what to do. Heat exhaustion is a mild form of heat related illness that can develop after exposure to high temperatures with inadequate

fluid intake. Heat stroke is a very serious form of heat related illness that is a medical emergency. Be familiar with the warning signs of each and what to do:

Heat exhaustion Signs/Symptoms

- Heavy sweating
- Cold, clammy, pale skin
- Headache
- Muscle cramps
- Nausea/vomiting
- Weakness
- Fast, weak pulse
- Dizziness/Fainting
- What you should do*
- Move to cooler location quickly
- Lie down, loosen clothing
- Drink water
- Apply cool wet cloths to body

Heat stroke

- Hot, red skin (no sweating)
- High body temperature
- Rapid, strong pulse
- Nausea
- Throbbing headache
- Unconsciousness
- What to do*
- Call 911 It is a medical emergency
- Move to cooler area
- Cool the body with wet cloths or water
- Do not give fluids

Recognizing the warning signs and knowing how to respond is the best thing you can do to prevent heat related illness.

Check on your elderly neighbors and family members every day when temperatures reach record highs.

Operation Fan

Helping beat the heat

Corporate contributions from Dominion Resources, Duke Energy, Duke Energy Progress and Valassis Giving Committee make Operation Fan Heat Relief possible.

Operation Fan is a summer program intended to provide a more comfortable living environment and reduce heat related illnesses.

Thanks to Four County Electric for additional fans.

Applications will continue to be processed and reviewed

for approval.

Applicant Eligibility Criteria

- Must be a resident of Pender County
- Must be an adult; 60 years of age or older or with a disability
- Must have a home situation where a threat to health and well-being exists (heat related illness)

Contact Pender Adult services for more information at 259-9119.



Photo contributed

A planting session was sponsored by the Burgaw Area Garden Club. Bird helps Evelyn finish her hand painted pot with hardy annuals.



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FREE DELIVERY

Keep your mind healthy for life

By Rebecca Boggs, RN
Pender Adult Services

Contrary to widespread belief, dementia is not a normal part of aging. With the growing number of people with cognitive decline, or dementia, the World Health Organization and the G8 Dementia Summit of 2013 have stressed the need to promote education regarding dementia and how to prevent it.

Dementia is a term used to describe a decline in mental abilities that interferes with normal daily function. Alzheimer's is the most common form of dementia, making up 60-80 percent of all cases. Because of its effect, dementia carries a significant human and financial burden.

Quick facts
•1 in 3 seniors dies with Alzheimer's or Dementia
•Almost 2/3 Americans with Alzheimer's are women

•Alzheimer's is the sixth leading cause of death in US

In 2015, Dementia will cost the \$226 billion, making it one of the costliest chronic diseases

Alzheimer's or Dementia is not normal – it is a disease that attacks the brain

It is important to note that everyone experiences minor memory problems occasionally, such as remembering a person's name or where you left your keys. This is normal and nothing to be concerned about.

Memory problems that are a warning sign for Dementia are things like forgetting how to drive, or getting lost in very familiar areas such as church or your home.

A great resource for more information about Dementia or Alzheimer's is the Alzheimer's Association website at www.alz.org

Of course, see your physician at once if you suspect you or a loved one may be exhibiting symptoms. Pender Adult Services offers support for family members caring for someone with Alzheimer's or Dementia, either through home care services or a monthly support group for caregivers.

There is good news. Recent studies suggest prevention is possible. There are things we can all do before memory problems develop that will lower the risk of developing Dementia.

Reducing risk for dementia

•Regular physical exercise - include aerobic exercise 2-5 times a week and muscle strengthening 1-3 times a week.

•Healthy diet – The Mediterranean diet that is high in fish, nuts, healthy oils,

fruits, and vegetables has been shown to decrease the risk of Dementia.

•Mind exercises – Keep learning new things and challenge your brain!

•Early treatment and management of other chronic conditions, especially heart disease, high blood pressure and diabetes.

•Social interaction – stay connected with friends.

Try activities that combine the above interventions such as joining an exercise group, taking a healthy cooking class, or learning a skill such as dancing or sewing. Pender Adult Services offers a variety of classes for seniors to challenge your mind and Fitness Fusion has plenty to offer all adults to challenge your body. And both offer fun social interaction. For more information call Rebecca Boggs, RN at 910-259-9119 ext. 319

Pender Adult Services
Offers best wishes and farewell to
Ann and Ray Mendenhall

Thank you for your service to the community
And to the Board of Directors
of Pender Adult Services
Congratulations in your retirement.

Memorial and Honorary Giving Program

Your Gifts to
Pender Adult Services, Inc
are acknowledged with grateful appreciation

Community Contributors

All Saints Catholic Church
Emma B Anderson
Hampstead Women's Club
Henry Lee Washington
Knights of Columbus - Hampstead
Rocky Point Methodist Church
Wesleyan Chapel United Methodist Women
Women of the Moose – Topsail Chapter
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

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:

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.

Examples of situations when Options Counseling might be offered include when an individual:

•Has an unmet need for which there is more than one service alternative

•Has had recent change in his/her life situation

•Has long-term services and supports needs but is unsure about how to access them

•Requests transition assistance from one living setting to another

•Is admitted to the hospital

lacks awareness of existing community 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

•Is referred to the CRC by a hospital, nursing home, assisted living home, community-based service provider, or other agency.

Desired outcomes of Options Counseling include:

•Individuals and families make service and support choices that fit well with their needs, goals and preferences – even as these change over time

•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 Op-

tions Counseling, contact Jane Johnson at Pender Adult Services at 910)259-9119, extension 309.



Pender Adult Services July 2015 Calendar

July 2 – RED, WHITE & BLUE DAY - Ice Cream Social

July 3 – CLOSED for Holiday

July 6 – Wellness Checks – 4:30pm (FF)

July 7 & 8- RSVP Perks

July 8 – Wellness Checks – 9:30am (FF)

July 8 – Blind Support Group (HP) – 1 pm

July 9 – Widows Lunch (HP) – 12:00 noon

July 14 – Art/ learn to draw class – 10 am

July 14 – Well Care Telemonitoring Program presentation – 11:30 am

July 16 – Cancer Support Group (HP) – 12 noon

July 23 – Caregivers Support Group (HP) 11:30 am

Wellness Checks -Provided by PAS

Fitness Fusion – 1st Wednesday 9:30 am

Fitness Fusion – 1st Monday 4:30 pm

Blood Pressure Screenings -Provided by PC Health Dept

Topsail Senior Center – 3rd Thurs 11 – 1

Heritage Place – 4th Thursday 11 – 1

Support Groups

Blind Support – 2nd Wednesday – 1:00 pm

Cancer Support – 3rd Thursday (HP) – 12:15 pm

Caregivers - Topsail –Friday (4th) Contact Kay Stanley @ 270-0708

- Heritage Place – contact Kay Warner @259-9119 X 32

Widows Support – 2nd Thursday (HP) informal - lunch

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front desk at Heritage Place.

Pender Adult Services Class Schedule

Heritage Place Opportunities

Phone: 910-259-9119

Monday
8:00—7:00

9:00 Oil Painting
12:00 Meals
1:00 Bid Whist
1:00 Canasta
3:00 Senior Chorus
6:00 Line Dance

Tuesday
8:00—5:00

9:00 Crocheting
9:00 RSVP Perks (1st)
11:00 Geri-fit
12:00 Meals
12:30 Pinochle
1:00 Quilting Group
1:00 Jewelry
1:00 Knitting Group

Wednesday
8:00—5:00

9:00 Basket Class
11:00 Bingo
12:00 Meals
1:00 Bid Whist
1:00 Bridge
1:00 Blind Support (2nd)

Thursday
8:00—5:00

7:00 Burgaw Rotary
11:00 Geri-fit
11:30 Caregivers Support (4th)
12:00 Cancer Support (3rd)
12:00 Meals
12:30 Mexican Train/Rummyque
3:00 Quilting/Sewing Club

Friday
8:00—3:00

11:00 Bingo
12:00 Meals

Saturday—closed

Facility Available
For Rentals

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday
8:30 am—5:00 pm

9:00 Art Class (group)
10:00 Modified PILATES
12:00 Meals
12:30 Tree Top Quilters(2nd)
3:30 Hospice Trg (3rd)
Taxes offered at Topsail Presbyterian, Hampstead

Tuesday
8:30 am—5:00 pm

9:00 Baskets
9:00 Geri-Fit
10:30 Feel Good Fun
12:00 Meals
2:00 Gentle YOGA
3:00 Tai Chi

Wednesday
8:30 am—5:00 pm

9:00 Quilting Bee
9:00 RSVP Perks (1st)
9:00 Knitting Group
12:00 Meals
1:00 Canasta

Thursday
8:30 am—5:00 pm

9:00 Geri-fit
10:00 YOGA & Cribbage
10:00 Bingo
Health Checks (3rd)
12:00 Meals
1:00 Quilting Class
1:00 Mahjong 1:30 Bridge

Friday
8:30 am—2:30 pm

11:00 Line Dance **
** July 10,17
12:00 Meals
1:00 Caregivers Support (4th)

Saturday –closed

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Monday
Open 5:30—9:00

5:30 RPM Cycling
8:30 BODYPUMP
9:40 YOGA
10:45 FIT OVER 50
4:30 Health Checks (1st)
4:30 RPM Cycling
5:30 BODYPUMP
6:40 ZUMBA

Tuesday
Open 5:30—9:00

5:30 RPM Cycling
8:30 CARDIO BLAST
9:40 YOGA
10:45 FIT OVER 50
5:30 RPM Cycling
6:30 ZUMBA

Wednesday
Open 5:30—9:00

7:00 RPM Cycling
8:30 BODYPUMP
9:30 Health Checks (1st)
9:50 PILATES
12:15 RPM Express
5:30 BODY PUMP

Thursday
Open 5:30—9:00

5:30 RPM Cycling
8:30 ZUMBA
9:40 YOGA
10:45 FIT OVER 50
5:30 TURBO KICK
5:30 RPM Cycling
6:30 ZUMBA

Friday
Open 5:30—9:00

5:30 RPM Cycling
8:30 BODYPUMP
9:50 PILATES
5:30 BODY PUMP
Saturday
Open 8:00—2:30
8:30 RPM Cycling
9:30 ZUMBA

2015

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.