



# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

July  
2017



## Here comes the sun, and it's alright

Most likely a very important vitamin you're not getting enough of - Vitamin D. When exposed to the sun, your body makes vitamin D. In fact, most of the vitamin D you get comes from the sun. Unfortunately, most of us are not getting enough vitamin D for one simple reason: lack of exposure to the sun.

While using sunscreen is an important defense against skin cancer, it may also be blocking our body's ability to make vitamin D. So why is vitamin D so important? Vitamin D has an impact on the health and function of every cell and gene in the body!

Following are some of the benefits of vitamin D:

- Maintains healthy bones and teeth
- Supports a healthy immune, brain, and nervous

system

- Supports diabetes management
- Aids in lung function
- Supports cardiovascular health

•Has mood boosting effects  
•Facilitates weight loss  
Some studies have linked Vitamin D with prevention of several cancers, autoimmune diseases, diabetes, and Multiple Sclerosis.

A deficiency in Vitamin D is thought to play a role in almost every major disease.

It is estimated that over half the population is deficient in Vitamin D, putting them at risk for many chronic health problems and possibly severe illness.

The solution may be as simple as sitting in the sun a little every day without sunscreen.

Just remember, with the

sun, little goes a long way. Just 15 to 30 minutes of unprotected exposure a few times a week may be enough. Be careful not to fall asleep in the sun without protection.

Avoid sunburn. Repeated sunburns increase your risk for skin cancer.

If you are planning to stay in the sun longer than 30 minutes, protect yourself! Wear a hat and apply sunscreen to exposed skin. Remember, once sunscreen is applied, your body will no longer make Vitamin D.

To further optimize your Vitamin D levels talk to your doctor about supplements. It is impossible to get enough Vitamin D from food alone. Have your Vitamin D levels checked regularly and if necessary, supplement with D3.

## Heritage Happenings

Get out and beat the heat! We have many groups that meet in the heat of the afternoon in our facilities. Come join us for lunch and stay to play a game or work a puzzle.

Would you like to play Texas Hold'em or Hand and Foot, a canasta type game? We have had a few people asking about these games and could start new groups if you are interested.

Please contact Jennifer Mathews at 259-9119 extension 303. As always we would love

to see you at Geri-fit or Bingo at 11 a.m. If you have other areas of interests please share your ideas with Jennifer.

We had a good response to the Prevent Blindness of N.C. retinal screening program. Join us in July for information on CapTel NC. A representative will be at the Topsail Senior Center July 11 at 11 a.m. and in Burgaw July 12 at 12:30 p.m.

We are getting back on the bus - this time to historic Savannah for an old-time

Victorian Christmas. Travel dates are Nov. 28-30. The trip includes three days and two nights with two breakfasts and two dinners. We will enjoy a holiday trolley tour; a guided tour of historic Savannah, and *A Christmas Tradition* presented at the Savannah Historic Theater.

The double occupancy rate is \$379. A deposit of \$100 is due with your registration. Contact Jennifer Mathews 910-259-9119 extension 303 for more information.

## Topsail Senior Center News

By Donna Murphrey  
Pender Adult Services

A huge thank you goes to the Tree Top Quilters for the beautiful quilt they donated

for our center. Thank you to everyone who purchased tickets. We raised more than \$350 on this quilt. Congratulations to Lisa Chambers, the winner of the quilt raffle.

New dance classes will be offered with enough interest; salsa, Texas two-step, ballroom or swing classes, call Topsail Senior Center at 910-270-0708 if interested.



Ella and Evelyn enjoyed Bingo on Flag Day at Heritage Place.



World Elder Abuse day was recognized at Heritage Place with a walk and short program. The Cape Fear Elder Abuse Prevention Network and Pender County Adult Protective Services Unit participated along with Pender Adult Services.



## Tips for grandparents raising grandkids

(StatePoint) From single parents to traditional and multigenerational households, modern families come in all shapes and sizes. But did you know there's an uptick in the number of grandparents raising grandkids? According to data from The Pew Charitable Trusts, 2.9 million grandparents were raising their grandchildren in 2015 compared with 2.5 million in 2005.

Oftentimes, grandparents become primary caregivers due to unforeseen circumstances. Here are three things those taking on this responsibility should consider.

### Protect their financial future

A recent study found 30 percent of all households don't have life insurance, according to LIMRA, a life insurance research organization. Grand-

parents should be sure this coverage is up to date.

They might also consider purchasing term insurance -- life insurance issued for a limited period of time. More affordable than a whole life policy, it provides financial security for the golden years, helps supplement retirement income and can assist with final expenses.

A term life insurance policy can even help pay off a mortgage -- so grandparents have peace of mind knowing that dependents have a roof over their heads -- and can also be used for other child-rearing expenses, such as college tuition.

### Keep them safe

Accidental injury is the leading cause of death for children up to 14 years old, and more than a third of accident-

related deaths happen in the home, reports KidsHealth.

To create a safe living environment for younger children, secure large furniture to walls, purchase safety gates for staircases, and install outlet covers, corner protectors, security locks and appliance latches.

It might also be a good time to update in-home safety features for grandparents, too. Handrails provide better grip on staircases, and anti-slip mats and grab bars in the bathroom can add extra stability.

**Promote smarter driving**  
As teens get behind the wheel, encourage them to drive safely. A 2015 statistic from the Centers for Disease Control and Prevention says six teens die every day in car crashes in the

*Continued on back*

## Operation Fan Heat Relief



Operation Fan is a summer program intended to provide a more comfortable living environment and reduce heat related illnesses. Applications will continue to be processed and reviewed for approval.

### Applicant Eligibility Criteria:

- Must reside in 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)

HEAT RELIEF

## Save the Date! Silent Auction Nov. 9

## Tips

Continued from front

US, and this is the number one killer of teens.

Distracted driving is the cause of 58 percent of teen-involved traffic crashes, according to the National Organization for Youth Safety. Remind grandkids about the dangers of texting, using apps and changing the radio station while driving.

Also, reevaluate your auto insurance policy. Talk to an agent about whether it makes more sense to add grandchildren to an existing policy or take one out for them specifically.

Grandparents may be able to add grandkids as secondary drivers on a policy, but should be prepared to pay higher rates since teens may be considered high-risk. Look for a cost-effective solution, such as the Youthful Driver Discount offered by Erie Insurance.

Eligible licensed drivers 20 and under can save up to 20 percent on their car insurance. Plus, drivers under age 21 who complete an accredited driver's education course may also be eligible for discounts.

Caring for grandkids can be overwhelming. However, preparation can help ensure your family's safety and security.

**Get out of the heat and into Fitness Fusion for RPM, Body Pump, Pilates or Yoga class. RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your coach.**

**Discover your athlete within. Call 259-0422 for schedule. Fitness Fusion 903 S Walker St, Burgaw**

## CapTel Presentations

**Topsail Senior Center  
Tuesday July 11 at 11 a.m.  
Heritage Place  
Wed. July 12 at 12:30 p.m.**



Treetop Quilters donated this beautiful quilt for a raffle for the Topsail Senior Center. Lisa Chambers was overwhelmed when her name was drawn as the winner.

## Memorial and Honorary Giving Program

*In Honor of Kay Warner  
By Catherine Highsmith  
Other contributions  
Forest Sidbury  
Wardell & Ruby McDuffie  
Wesleyan Chapel*

Thank you for your contributions  
*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 an Honor or in Memory of an individual or group.  
For more information on Pender Adult Services Memorial and Honorary Giving Program please contact Wesley Davis at 910-259-9119*

### INFORMATION PLEASE – WE ARE HERE TO HELP

Please call the center 259-9119 ext. 309 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

## NEED HELP CARING FOR YOUR LOVED ONE AT HOME?

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

## 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 RSVP Perks (1st)	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 Rummikub	<b>Saturday—closed</b>
	1:00 Quilting Group	1:00 Blind Support (2nd)	3:00 Craft Club	Facility Available For Rentals
6:00 Line Dance	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 RSVP Perks (1st)	10:00 YOGA	12:00 Meals
12:00 Meals	10:00 Senior Crafts & fun	9:30 Knitting Group	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 Tree Top Quilters(2nd)	2:00 Gentle YOGA	1:00 Canasta	12:00 Meals (BP Checks-3rd)	<b>Saturday—closed</b>
3:00 Hospice Trg (2nd)	3:15 Advanced Tai Chi		1:00 Quilting Class	Facility Available For rentals
			1:00 Bridge & Mahjong	

July 2017

### Fitness Fusion Group Fitness Classes

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—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			<b>Saturday</b>
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 DANCE 2 FIT	8:30 Body Attack
				9:30 DANCE 2 FIT