



Pass it on...

The Pender-Topsail
POST
& Voice

July
2020



Victoria was very excited to be gifted a quilt - patterned African Queens - by the Busy Bee Quilters of Heritage Place.

Coping with loneliness during the pandemic

It's important to take care of your mental health during times of decreased social interactions. What's the best way to get through this period of isolation? Distract yourself (keep busy) or find ways to connect with others (despite the circumstances). Staying social in non-traditional ways can help you to feel less isolated and combat loneliness. Below are some ideas on how to manage your feelings of loneliness during these times.

How to Cope With Anxiety About Coronavirus (COVID-19)

Keep to a Schedule. Even if you are isolated at home, try to keep to a regular schedule as much as possible. While loneliness can feel like it will never end, trying to make these days feel as "normal" as possible will help you to get through. Start each day with a plan of a few things that you will do, keep a daily diary about how you are feeling and what you are doing, and keep a symptom log if you are managing illness.

Stay Informed. While you do not want to feed your anxiety and fear through constant updates about the state of the virus, keeping up to date on the latest advice and health information may give you an edge when it comes to protecting your mental health (and as a result, reducing the impact of loneliness). Limit your media consumption to an extent. Watching too much news, reading too many articles, and consuming too much content can be overwhelming. Make sure you seek sites that give factual information about what you can do to stay healthy, such as the CDC and WHO.

Traits That Can Make You More Emotionally Resilient

Stay Active. While it's easy to focus exclusively on how to manage your mental health and loneliness directly during a crisis, we sometimes forget that our physical and mental health are delicately intertwined. Practice Tai Chi, yoga, or at-home low impact workouts by following Youtube videos. (use your Gerifit handouts, call if you need one)

Go for walks around your neighborhood (or walk on a treadmill if you have one and are concerned about going outside)

Do Something Meaningful. Another contributor to feelings of loneliness can be a loss of sense of meaning. Doing something meaningful each day, even if only for a short period, will give you a sense of purpose and identity. Only you know what will create meaning in your life, but below are some ideas to get you started:

- Sign up for an online course and do a bit of work each day
- Create a family tree using genealogy websites
- Sign up to be an online volunteer through the United Nations
- Connect With Others. Perhaps the best thing you can do to combat loneliness during this period of isolation is to connect with others in non-traditional ways. While you may not be able to visit with family and friends in person, that does not mean that you can-

not connect.

Family & Friends - Can you think of any out-of-the-box ways to stay in contact with friends and family? If you are comfortable using technology, there are numerous ways you can stay in touch. If you prefer more traditional ways of communicating, there are still options for you. Below are some ideas to stay in touch with your loved ones.

- Send a handwritten letter or postcard
- Call someone on the telephone (particularly on days you are feeling lonely)
- Place calls using video chat services like Facetime or Zoom
- Post on social media or respond to other's posts on social media
- Stay in touch by texting or instant messenger

Online - In addition to staying in touch with family and friends, you can also combat loneliness by participating in online exchanges with other people around the world. These don't need to necessarily be your online "friends," but rather those with whom you share something in common and you communicate online.

Below are some examples of online connections that you can make.

- Joining and participating in Facebook groups about topics you are interested in
- Signing up for online forums about your hobbies or interests
- Joining and playing multiplayer games such as Wordfeud
- Signing up for online sports games like Fantasy Football
- Joining Quarantine-Chat, a service specifically set up to help people connect during quarantine

Find Sources of Comfort - Finding ways to give yourself comfort even when you are feeling lonely can help to improve your mental health. Below are some ideas of "comfort measures" that you can take even if you are alone.

- Give yourself a foot massage or use a foot spa
- Take a bath
- Focus on your pet
- Cook healthy comfort food
- Watch favorite TV shows or read favorite books
- Have a cup of herbal tea (chamomile will help you to relax)
- Light scented candles (lavender will help to reduce stress)
- Practice sleep hygiene to make sure you are getting enough rest

Create Something - There's a reason why artists enjoy becoming swept away by their work. Expressing yourself through creative means can be therapeutic, whether it involves painting, writing, dancing, etc. If you're finding it hard to express what you are feeling, channeling your feelings into creating something can be cathartic. In addition, when you create something you enter the "creative magic zone," which can be a form of meditation in itself.

Here are a few projects that you could try.

Writing Projects

- Practice writing in a journal each day

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Heritage Place Busy Bees and the African Queen quilt

By Teresa James

Joyce joined our Busy Bee quilting group at Pender Adult Services from Clinton. A few of us had been to a class in Clinton, and Joyce wanted to learn to quilt so she traveled weekly from Clinton to Burgaw to learn to quilt and that was about December 2019 and to date she has completed six very large quilts.

Unfortunately, due to life circumstances, she feels that she needs to return to Texas to be near her children and grandchildren. She was planning to leave earlier this year, but then COVID hit, and now she feels it is safe to return to

Texas.

We all met and gave her a send off June 3 and presented her with a going away gift from the Busy Bees, a nice quilt that featured the African Queen quilt pattern. Joyce squealed and cried a bit, and we all had a fabulous time, congratulating her on her return to her family. She will be missed, but we can still do facebook live, even across the miles.

"Joyce, Pender Adult Services, and the Quilters group wish you the absolute best for your future. Do not forget us. Maybe we should go out there to your house for a quilt retreat," said Teresa James.

I bet many people at

Pender Adult Services as well as the town of Burgaw are familiar with Ms. Victoria. She is such a special person, there are not sufficient words to describe her. Victoria continuously makes quilts and items for her church and her community, asking for nothing in return except for you to use and enjoy her gift of a quilt.

Earlier this year, Victoria experienced some health issues that prevented her from attending our weekly class, but she had expressed an interest in learning a quilt pattern called African Queen. The Busy Bees got together and decided we would make and

gift Victoria a quilt just for her. We all gathered and met with Victoria June 10 and presented Victoria the quilt. She was smiling from ear to ear, and almost speechless.

We pray with much love that Victoria will enjoy this quilt and feel our love from it, everyday. By the way, Victoria's mom's name was Queenie, so we gave Victoria a quilt for Victoria and honored her mom at the same time, we were all blessed with this presentation. Mrs. Lena Moore, one of her best friends and her CNA Melendar Andrews were present to enjoy this gift. We love you Victoria, the Busy Bees of PAS.

Topsail Center News

By Donna Murphrey
Topsail Coordinator

Summertime and the living is quiet at Topsail Senior Center since we are still closed for activities due to Covid-19. Operation Fan is starting again so if you are a Senior living in Pender County and need a fan to beat the summer heat, call us for more information.

We want to thank the AARP volunteers who came the last two weeks on Mondays and Tuesdays for tax preparation assistance. They were able to assist most everyone who had appointments cancelled in March and April that still needed tax preparation.

They had intended to stay and help additional Seniors but due to the rise of Covid-19 cases in North Carolina the last two weeks, AARP pulled the plug on the program again.

Our Senior Aides; Pam and Laura are back at work and actively calling our participants to see how you are faring through this "stay safe at home" period;

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Thank you to Four County and Duke Progress Energy for donating fans for Pender County seniors. Please call us if you need a fan and did not receive one last year.

RSVP Update

A hero is someone who puts others before himself or herself. A hero has good moral ethics and is someone who does things for the sake of being good, and not just a means to the end, or a reward for good deeds.

This person does good for the sake of doing good. In Pender County RSVP program, we have many heroes - none seek attention, spotlight on them, recognition - but rather know that when they put their head on their pillow they have made a differ-

ence in someone's life. It is a great feeling!

During this pandemic RSVP has maintained focus and continues to bless our community with service. Our RSVP volunteers come in different shapes and sizes, different ethnic backgrounds, males & females, different levels of education, different religions, various backgrounds, and careers - but all share the same dedication, enthusiasm, and love of volunteering.

We are a wonderful

team working together to provide the best care of Pender County seniors and students in our community. Starting next Monday, we will be highlighting different volunteer heroes for the next few weeks. Please check out our Facebook page Pendercountyrsvp and stay updated on the RSVP happenings in our County.

We are always looking for more people to help - contact Barbara Mullins at 910-259-9119 (ext 329) for more information.

Loneliness

Continued

- Take up hand lettering or calligraphy
- Start a daily blog journaling your experiences for others to read
- Write poetry or Haiku
- Write short stories or start the novel you've always wanted to write

Art Projects

- Complete a paint-by-number project
 - Start a needlework, knitting, or crochet project
 - Compile a photo album that you can share later with others
 - Work on an adult coloring book
 - Take up a new hobby like jewelry making
 - Take up origami
- ### Home Projects
- Choose a space in your home and start an organizing project
 - Choose a room in your home and redecorate by moving things around or moving things from other rooms

If you're having trouble coming up with projects, focus on the ones that you can do with what you already have on hand. Most of us will have a notebook, paper, printer, and access to the Internet.

Using those few basic tools, you're sure to find something online to get you started. You could even focus on culinary arts and focus on cooking or baking projects.

Distract Yourself - Another way to boost your mental health is to find healthy distractions. This might come in the form of reading, watching shows, listening to music, or finding other activities that interest you. Here are some ideas to help.

- Read
 - Go back and re-read some of your favorite childhood books
 - Join an online book club like the ones at Goodreads
 - Give yourself a reading challenge by choosing a list of books you've always wanted to read or a list based on a theme (e.g., books all set in places you've always wanted to visit)
 - Read books of poetry if you find it too hard to concentrate on longer books
 - Read magazines on topics that interest you
 - Listen to audiobooks through services like Audible or Scribd if you struggle to read or have vision problems
 - Watch TV/Movies
 - Watch TED talks on Youtube about topics that interest you
 - Watch a series of movies on a theme (comedy movies will help to ease your stress)
 - Watch a television series on Netflix
 - Watch documentaries on topics you've wanted to catch up on
 - Listen to podcasts on topics you like
 - Create or Listen to Music
 - Go back and listen to your favorite songs from when you were a teenager
 - Create a playlist of happy songs and listen to those
 - Plan an instrument such as the piano or guitar
- Other fun ideas*
- Take a virtual tour: Many museums offer digital access to their collec-

tions including the Louvre and Guggenheim

- Play games that engage your mind such as Sudoku, crossword puzzles, solitaire, or online chess.
 - Plan for the Future
- While it might feel like this loneliness will last forever, there will come a time that you'll be back to your usual routines. One way to feel less alone now is to make plans for the future or do things that help you to focus on the future. Below are some ideas.

- Make a "future list" of all the things you want to do
- Order online and plant some spring bulbs
- Plan a fun event for when you are out of isolation
- Make a bucket list of things to do in your lifetime
- Make a "goals" list for some area of your life

Practice Self Compassion - Most importantly, practice self-compassion during this difficult time. If you find yourself saying things like "I shouldn't be feeling this way" or pushing away difficult emotions, this will only make your loneliness persist. Instead of resisting your feelings, instead, find ways to be accepting of them as coming and going. This helps to take away their power and ease your unhappiness. Remember that your feelings will change. If you are still struggling, try practicing guided meditation following a Youtube video.

Show Compassion to Others - It might seem counterintuitive, but if you are struggling yourself, sometimes offering help to others who are feeling lonely can make you feel less lonely yourself. Make a phone call, send a text, send a letter, or comment on someone's social media posts. Be supportive and offer words of encouragement.

The Health Consequences of Loneliness. Coping as an Older Adult - Older adults (aged 65+) may be particularly susceptible to loneliness during coronavirus. This group is most likely to self-isolate due to fear of infection, while also potentially having fewer supports in place to feel less lonely. The Baby Boomers, in particular, may be the most affected by this pandemic. Older adults can stave off loneliness during this time in the following ways:

- Make phone calls to relatives on a regular schedule, so that they can check in with you and learn about your needs.
- Ask for help from family members when you need it and be specific about how they can help.
- Check to see if your community offers specific shopping hours for seniors so that you can shop for food during low-risk times when absolutely necessary.
- A Word From Verywell. If you find yourself with very poor mental health while isolated during coronavirus and aren't able to pull yourself out of feelings of anxiety, depression, or fear, it is important to reach out for help.

Consider calling a crisis line or an online therapy service to find out about options. While it's normal to feel afraid and lonely at a time like this, worsening mental health could indicate the need for outside help.

who have kept it going with unwavering loyalty. Also, our Tai Chi instructor, Kathy Yakimovich is teaching Tai Chi in the parking lot on Thursdays mornings, if interested please call.

Last but not least a big thank you to Joy and George Ball for bringing our MOW's clients and volunteers blueberries and blackberries, they were delish! Stay safe everyone, remember the 3 W's; Wear a cloth face covering, Wait six feet apart and Wash hands often or use hand sanitizer!

Topsail

Continued from front

don't be surprised if you receive a phone call from Topsail Senior Center. John Lutz and Bill Kozel are also actively assisting Seniors with Medicare through the SHIP program so if you need assistance please call us at 910-270-0708 and we can set up a phone appointment.

Our Meals on Wheels program has never stopped delivering through this health crises and we would like to thank our volunteers



We miss all of our Gorgeous Grandma's at Heritage Place & Topsail Senior Center. Celebrate your grandma with a phone call and a handwritten note tell her how awesome she is or share a fun memory. Gorgeous Grandma day is July 23, 2020. These photos were from last years celebration.

Outdoor Geri-fit

Tuesdays 9 am – 10 am – Heritage Place

Sign up by calling

910-259-9119 X 303

Under the Portico

Class size limited

Mask necessary,

Social distancing practiced

OUTDOOR TAI CHI

Thursday mornings @

TOPSAIL SENIOR CENTER

Call 910-270-0708

for more information

R.N. POSITION

- Part-time Registered Nurse position
- available with nonprofit rural health organization in Pender County.
- Responsible for home visit, conduct supervisory visits of CNA's and perform client assessments.
- Must have R.N. license and at least one year of home care experience.
- Driver's License Required.
- Please forward resume with references

to:

Wesley B Davis,

Executive Director

Pender Adult Services

P O Box 1251

Burgaw, NC 28425

Memorial and Honorary Giving Program

Contributions have been received recently from

BlueCross BlueShield NC

GAF Materials Corp

Hella & Vald Jorgensen

The Duke Energy Foundation

Thank you for your contributions

We appreciate the assistance from

Hampstead Women's Club

RSVP volunteers

PASTRAN drivers

PAS Certified Nursing Assistants Staff

In continuing to serve our home-bound clients

Have you considered a gift to Pender Adult Services, Inc.?

We appreciate your support for services that we offer!!

Your donations to PAS are tax deductible. An acknowledgement will be sent whether donation is in Honor or in Memory of individual or group.

For more information on Pender Adult Services Memorial and Honorary Giving Program please contact Wesley Davis at 910-259-9119.

THANK YOU FOR THE BLUEBERRIES

& BLACKBERRIES

Joy & George Ball

Jane Porter

We all enjoyed them very much!!

WE ARE CLOSED TO THE PUBLIC



We are doing business (services) by phone

259-9119 ext 0 front desk—Reserve Meal

259-9119 ext 1 Transportation

259-9119 Ext 303 Jennifer

259-9119 Ext 309 Jane

259-9119 Ext 329 Barbara

Zooming Pilates with Amy Coleman

Contact Amy @ amylnellecoleman@gmail.com

For more information and for invitation

Equipment needed:

Light weights (soup cans) towel or belt needed

• Monday's 10:30 am – 11:30 am

Chair Pilates (you need a chair)

• Wednesday's 10:30 am – 11:30 am

Pilates Mat Class (you need a mat)

• Friday's Class 10 :30 am – 11 :30 am

Fun Friday's Pilates Mat class

(thick book you can step on and off)

Curbside Meals

Mon - Thurs

Drive-thru now available 11:30am-12

Monday, Tuesday, Wednesday & Thursday

The senior must call the Friday prior by 10:00 am

to receive a meal. Call (910) 259-9119, press 0

and speak to the receptionist or leave a message.

An updated Client Intake Form is required

Consumer contributions are appreciated

Call in by 10 am on Fridays

Meals for senior clients

