



Pass it on.

Helpful information
to enhance senior living
provided by
Pender Adult Services

March
2014



Healthy Living

Geri-Fit-What is that?

Geri-Fit is an evidence-based strength training exercise program for older adults of all senior ages and fitness levels.

It's been around for nearly 20 years and was the very first senior fitness program that used dumbbell weights to help rebuild strength that's been lost through the aging process.

The Geri-Fit® exercise program requires just a set of two-pound dumbbells (each), a non-skid chair to do the exercises in, a stretch band for the stretches used before and after the workout, and water to drink during the workout. There's no aerobics or choreography to learn and there's absolutely no floor

work. Both men and women can enroll.

The workout is considered a progressive resistance program meaning that once the participants have built up enough strength using a set of two-pound dumbbells, they can graduate to using heavier weights in order to become even stronger.

The Geri-Fit exercise program also incorporates stretching, balance and gait exercises in order to increase the strength of the core area. In addition to the wonderful strength gains that are accomplished with the program, seniors will also see an improvement in balance, which will help to prevent falls.

The program is especially beneficial to those that suffer from arthritis or chronic pain. Geri-Fit helps ease joint pain, which provides better mobility and improved functional capacity.

Benjamin Franklin once said that "dumbbells hold a lot of wealth of good in a handful of minutes" and what he said couldn't be more true. It's never too late to get in shape. So, what are you waiting for? Pick up your weights and let's get started.

The Geri-Fit® program will be held at Heritage Place, Fitness Fusion and Topsail Senior Center beginning in April. Please contact Jennifer Mathews at 259-9119 303 if you are interested.



Photo contributed

Senior centers offer blood pressure checks and wellness checks monthly. Check the schedule for more information.

RSVP provides positive energy

By Barbara Mullins
RSVP Director

Strengthening your inner circle of friends can boost your health as well as your happiness.

A recent study of 94 couples showed having good relationships helps lower blood pressure in both partners. If your spouse has supportive friends, it takes the strain off the spouse.

The opposite is also true, negative or so-so relationships increase both spouses blood pressure - it's upsetting if your spouse is being treated poorly or is in a bad mood after dealing with a problem pal. So it is important to gravitate to positive, happy, fun loving people - they are good for your health as well as your happiness. It is also known that making a difference makes us healthier and happier.

People who volunteer live

longer. A new study shows that your body might know this on a molecular level. The specific type of happiness you derive from pursuing a greater purpose positively influences the genes in your immune system.

People whose happiness comes primarily from doing good to others, show a much more favorable gene profile with less inflammation and better antiviral and antiviral activity.

As RSVP volunteers, I know we have some of the healthiest, active, mentally alert and happy group of seniors. It became very apparent this month how much our community has become dependent on RSVP.

I am not sure if it is the ice and snow that brought so many telephone calls our way, or the many presentations I did the end of last year. It could be the connection we now have with doctors, social

services, hospice, or health care facilities. The amount of telephone referrals that came in was surreal.

Some were looking for handicap ramps, some for volunteer visits, some for food, some for respite care, and some not knowing where to turn. The more people I meet, the more requests for volunteers I receive.

Some we can add to our program - some need more nursing care than what RSVP can provide. Some we place on a short waiting list until we can recruit volunteers in these rural areas.

RSVP has become key in our community to help seniors connect to resources (Pender Adult Services is what I call one-stop shopping - we provide many services under our center's roof). Consider being part of a special group of active seniors. Call me at 910-259-9119 (ext 329) today to get more information.

Medicare workshop planned

Will you be eligible to receive Medicare this year? Are you confused by information you are receiving about Medicare supplement insurance (Medigap) and Medicare Advantage Plans? Do you want more information on Medicare prescription drug plans and how they work? Do you need to know how Medicare

works in general?

Find out if you may be eligible for extra help paying for prescription medications. Kay Warner, Seniors Health Insurance Information Program Coordinator for Pender County, will present the workshop

On Medicare education Mar. 6 from 6-8 p.m. at Pender

Adult Services, 901 S. Walker St. in Burgaw.

Call 259-9119 ext 0, and sign up for the Medicare education workshop. The class is free, but registration is required.



Offering a full staff of certified instructors

In-County Transportation Available

Pender Transportation is accepting
New in-county riders
Call 910-259-9119 Press 1

Shopping, Grocery, Work
Rural General Public (RGP) Transportation
Employment Transportation

Certain restrictions apply for trips
and Medical appointments.
Services may be interrupted
if funding is not available.



Tax assistance offered at Topsail Center

AARP Tax-Aide is a free nationwide service that provides high quality income tax assistance and free federal and state income tax preparation and including electronic filing. Tax-Aide counselors receive hard copy training materials supplemented by comprehensive free classroom type training by local instructors.

This Tax Aide service is offered on a first come, first serve basis continuing through April 14. It is offered on Mondays

from 1-5 p.m. at Pender County Library Hampstead Branch and Wednesdays from 1-5 p.m. at the Topsail Senior Center. This service is available to low and moderate-income taxpayers of all ages, including seniors.

No appointment is necessary, but be prepared to wait. It is not required that taxpayers be members of AARP or even that they be retired to receive this assistance.

This service, including elec-

tronic filing, is free. Counselors will answer questions concerning income that should be reported, deductions that can be taken, credits to which individual taxpayers are entitled, as well as other tax related matters.

Electronic filing of the tax return results in receipt of refunds within eight to 14 days if the refund is direct deposited to the taxpayer's bank account, and about a week later if IRS issues a check for the refund.

Exciting trips from PAS

Space is still available for our spring trip to the Outer Banks May 6-8. The cost is \$414 per person with double occupancy.

The registration is now open. Registration form and a \$150 deposit are required. This trip features a three-day/two-night stay in an ocean front property, a visit to the Currituck Heritage Park, the Elizabeth II, Roanoke Island Festival Park, the Roanoke Aquarium, Elizabethan Gardens and a visit to the Wright

Brothers National Memorial. Two breakfasts and two dinners are included. Travel Protection is available and recommended. Detailed flyer is available online at <http://www.penderpas.com/publicfiles/outerbanks.pdf>.

Our fall trip will be a fabulous vacation to southern coastal Maine Sept 28-Oct 3. The cost is \$759 per person with double occupancy.

The registration opens on May 15. Registration form and a \$200 deposit are required.

This trip includes a six-day/five-night trip with five breakfasts and four dinners to include 1 Downeast Lobster bake with Entertainment. Tours include Kennebunkport, Maine, a guided tour of Portland with photo stop at the Portland Head Lighthouse, authentic lobster harvesting on a lobster boat tour, a visit to the Nubble Light in Cape Neddick, outlet shopping in Freeport at LL Bean, a stop in Perkins Cove at

Continued on back



EST. 1916



DEES

DRUG STORE INC.

111 S. Wright Street, Burgaw, NC 28425 • 910.259.2116

Jimmy Wilson, Pharm. D
Randy Spainhour, Rph.
Krista Strickland, Pharm. D

This store gladly accepts Medicaid, Medicare, Blue Cross/Blue Shield, State Teachers Plan and most other third party prescription plans.

VISIT OUR
Old-Fashioned
SODA
FOUNTAIN

Open Monday - Friday
9 a.m. - 6 p.m.
Saturday 9 a.m. - 1 p.m.

FREE DELIVERY

Topsail Senior Center happenings

By Kay Stanley
Topsail Senior Center

We have celebrated Valentine's all month with the closings due to weather changes. We appreciate Donna Jaeckel's class from Topsail Middle School helping us celebrate!

The seventh-grade students created handmade valentine cards for the Topsail Seniors. The teacher brought them over and also photos of the children making them. They did an outstanding job and wrote some of the sweetest sentiments

to each senior with quite the artwork.

The seniors also had lots of fun creating their own flowers at one of our Feel Good Fun Days on Tuesday mornings.

The sign language class continues until end of March, every Friday at 1 p.m. Bobbi Acee is doing an excellent job with this class. Let me know if you are interested in a future class. AARP Tax Aide continues to stay busy on Wednesday afternoons. There has been at least 25-30 participants each Wednesday so far. They will

be with us until April 9.

We have a UNC-W student, Jaimie Lamphere here helping out on Monday. She is preparing for a social work degree and helps prepare crafts for Tuesdays. She is quite the organizer and has helped organize storage space which is always helpful.

Another UNC-W student, Kelley Stanley has been coming to volunteer as she is available. Kelley has assisted with many projects including paperwork, bulletin boards and errands.

Please save the date for our

annual Topsail Silent Auction which is May 1. We are seeking businesses interested in sponsorships and also volunteers are helping us to solicit new items for the auction.

This is our major fundraiser for our Meals on Wheels and Senior Center and we appreciate the community support. It is important that people realize that we are a private non-profit agency and we depend on the generosity of the community.

Call Topsail Senior Center at 270-0708 if you have any questions.



Photo contributed
George, Frances and Ruth show Valentine Cards given to them by Topsail Middle School students.

Being green-a view from our elders

One day as an older woman was checking out at the grocery store, the young cashier said, "You should consider bringing your own grocery bags, because plastic bags aren't good for the environment." The woman apologized and explained, "We didn't have this green thing back in my earlier days."

The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations." She was right — our generation didn't have the green thing in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were truly recycled. But we didn't have the green thing back in

our day.

Grocery stores bagged our groceries in brown paper bags that we reused for numerous things, most memorable besides household garbage bags, was the use of brown paper bags as book covers for our schoolbooks.

This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbling. Then we were able to personalize our books on the brown paper bags. But too bad we didn't do the green thing back then.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks. But she was right. We didn't have the green thing in our day.

Back then, we washed the

baby's diapers because we didn't have the throwaway kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts — wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

Back then, we had one TV, or radio, in the house — not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana.

In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not styrofoam or plastic bubble wrap.

Back then, we didn't fire up an engine and burn gasoline

just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity. But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the green thing back then. But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

—From www.everything-southcity.com.

Tai Chi classes offered at Heritage Place, Topsail Center

Tai Chi for Health

Beginners class in Burgaw will be offered at Heritage Place. The class starts on Monday Mar. 10, and meets from 11-11:45 a.m. Call 259-9119, and press 0 for more information

Tai Chi for Health

Beginner's class meets on Tuesdays at Topsail from 3:15-4 p.m.

Advanced Tai Chi

This class meets on Thurs-

days at Topsail from 11:15 a.m. until noon. Call 270-0708 for start dates at Topsail.

Fees will be \$15 for 10-week

classes. Fitness Fusion gym members pay \$5. Instructor will be Kathy Yakimovich. Kathy is Tai Chi for Health

and Tai Chi Arthritis Foundation Certified. Sign up is first come, first serve. Registration is due at sign up.

Outer Banks trip May 6-8

Includes: 2 nights hotel, 2 breakfast, 2 dinners, transportation Currituck Heritage Park, Currituck Beach Lighthouse & Bodie Island Lighthouse Elizabeth II & Elizabethan Gardens, Roanoke Island Festival Park, Aquarium, & Wright Brother National Memorial Call Jennifer Mathews at 259-9119 extension 303

Trips

Continued from front

Ogunquit Beach, and a wine tasting. Travel protection is available and recommended.

A detailed flyer is available online at <http://www.penderpas.com/pubfiles/coastal-maine.pdf>.

An additional trip is being planned at Christmas to Charleston S.C. Dec 10-12. More details will be released later but the cost will be \$354 per person with double occupancy. The registration will open Sept 15, with a \$100 deposit. Detailed information will be available at www.penderpas.com.

Trips are open to Pender County residents and their guests. If trips do not fill they will be opened to non-county residents after the initial deposit deadline.

Trips are planned with the senior population in mind but younger relatives often attend with seniors.

Registration opening date is the earliest you may register. Deposit is due at registration. Travel protection is available and recommended for all trips. You may call Jennifer Mathews at 910-259-9119, extension 303 for more information.



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
Fax: 910-259-9144
Contact: Rebecca Boggs, RN

Personal Care, Sitter, Light house keeping, Respite

**Caregivers Needed...we are hiring!!
Call today to start you new career!
Ask for Anna at 259-9119 x 318**

Pender Adult Services, Inc


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
	<p>9:00 Oil Painting 11:00 Tai Chi 12:00 Meals 1:00 Bid Whist 1:00 Canasta 2:00 Senior Chorus 6:00 Line Dance</p>	<p>9:00 Crocheting 9:00 RSVP Perks (1st) 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting Group</p>	<p>9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support Group 2nd</p>	<p>7:00 Burgaw Rotary 11:00 Sit & Be Fit 12:00 Meals 12:45 Rummique/ Mexican Train 3:00 Quilting/Sewing Club 4:45 Weight Watchers</p>	<p>11:00 Bingo 12:00 Meals</p> <p style="text-align: center;">Saturday—closed Facility Available For Rentals</p>

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
	<p>10:00 Modified PILATES 12:00 Meals 12:30 Tree Top Quilters(2nd) 3:30 Hospice Trg (3rd)</p>	<p>9:00 Baskets Health Checks—3rd Tues 10:30 Feel Good Fun 12:00 Meals 2:00 Gentle YOGA 3:00 Adv. Tai Chi</p>	<p>9:00 Quilting Bee 9:00 RSVP Perks (1st) 10:00 Knitting Group 12:00 Meals 12:30 Caregiver class 1:00 Woodcarving 1:00 Taxes (Feb-April) Guitar Group</p>	<p>10:00 Vinyasi YOGA 10:00 Bingo (earlier time) 11:15 Tai Chi 12:00 Meals 1:00 Quilting Class 1:00 Mahjong 1:30 Bridge</p>	<p>9:00 Wood Carving 10:00 Cribbage 12:00 Meals 12:00 Vitality in Action 1:00 Sign Language Class</p> <p style="text-align: center;">Saturday —closed Facility Available For rentals</p>

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

	Monday Open 5:30—9:00	Tuesday Open 5:30—9:00	Wednesday Open 5:30—9:00	Thursday Open 5:30—9:00	Friday Open 5:30—9:00
<p><i>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.</i></p>	<p>8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 4:00 Health Checks (1st)</p>	<p>8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50</p>	<p>8:30 BODYPUMP 9:30 Health Checks (1st) 9:50 PILATES</p>	<p>8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50</p>	<p>8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP</p>

	Monday 5:30 BODYPUMP 6:40 ZUMBA	Tuesday 6:30 ZUMBA	Wednesday 5:30 BODY PUMP	Thursday 6:30 ZUMBA	Saturday Open 8:00—2:30 9:00 ZUMBA

Memorial and Honorary Giving Program

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

Burgaw Rotary Club
Emma B Anderson Memorial
Holy Trinity Episcopal Church
Willarlea Ruritan Club

Donations to PAS are tax deductible.
For more information on the Pender Adult Services Memorial and Honorary Giving Program please contact Wesley Davis at 259-0110