



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

May  
2016



Heritage Place RSVP volunteers (above) and Topsail Senior Center RSVP volunteers (below) participated in a team building event.



## RSVP volunteers recognized in April

By Barbara Mullins  
RSVP Director

April was Volunteer Appreciation month and nobody loves their volunteers more than the Retired Seniors Volunteer Program.

Our May perks training focused on team building and

we played games that required interacting with each other, trusting each other, building on each other's skills. Lots of laughter and fun filled the room.

Special appearances were made by Mayor Eugene Mulligan of Burgaw and Mayor Zander Guy of Surf City and

both participated in a game event. Each mayor brought a proclamation about the enormous impact RSVP volunteers are in our communities and praised volunteers for their dedication of time, talent, and service (more than 11,000 hours this year.)

RSVP awarded volunteers

with adult coloring sheets and pencils so they can relax and enjoy one of the first works of art they did as a child. Pictures are worth a thousand words so enjoy. Want to join an awesome fun group, while giving back to your community? Please call us at RSVP for details at 910-259-9119 (ext 329.)

## Options Counseling – what is it?

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 ser-

vices 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,

*Continued on back*

## May is Mental Health Month

Only people with mental illness need to pay attention to their mental health, right? Wrong! The truth is, your mental health affects your overall health. Good mental health is essential to creating a sense of well-being and a productive life. We all face hassles every day and many of us will face serious challenges and crisis events in our lifetime. Good mental health strengthens your ability to cope with whatever life brings your way.

Even with good mental health, the stresses of life can eat away at your well-being and over time can lead to more serious mental health problems such as depression or anxiety.

While we can't snap our fingers and make stress disappear, we can learn ways to promote good mental health and deal with stress in a healthy way. Recent research has shown that regardless of your circumstances, how good you feel is largely up to you!

You can take steps to promote strong mental health.

The following are proven tools that will help you feel stronger and more hopeful:

- Reach out and connect with others
- Be intentional about staying positive
- Get physically active
- Help others
- Laugh more
- Make time for pleasurable activities
- Get enough sleep
- Eat well
- Take care of your spirit
- Recognize the signs of more serious mental problems
- Seek professional help when you need it

While it is important to take steps every day to promote good mental health, sometimes you may need more help. Mental illnesses are common and treatable and there is help available. For more information go to [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

For a tip a day in May to boost your mental health, check out [www.mentalhealthamerica.net/31-tips-boost-your-mental-health](http://www.mentalhealthamerica.net/31-tips-boost-your-mental-health).

## National Osteoporosis Awareness in May

Osteoporosis and the broken bones it can cause are not part of normal aging. There is a lot you can do to protect your bones throughout your life. You're never too young or too old to improve the health of your bones. Osteoporosis prevention should begin in childhood.

But it shouldn't stop there. Whatever your age, the habits you adopt now can affect your bone health for the rest of your life. Now is the time to take action.

What can you do to protect your bones?

- Get enough calcium and vitamin D and eat a well balanced diet.
- Engage in regular exercise.
- Eat foods that are good for bone health, such as fruits and vegetables.
- Avoid smoking and limit alcohol to 2-3 drinks per day.

### Are You at Risk?

There are a variety of factors - both controllable and uncontrollable - that put you at risk for developing osteoporosis. It is important to talk with your healthcare provider about your risk factors for osteoporosis and together you

can develop a plan to protect your bones.

A woman's risk of breaking a hip due to osteoporosis is equal to her risk of breast, ovarian and uterine cancer combined. And a man age 50 or older is more likely to break a bone due to osteoporosis than he is to get prostate cancer.

Uncontrollable Risk Factors

- Being over age 50.
- Being female.
- Menopause.
- Family history of osteoporosis.
- Low body weight/being small and thin.
- Broken bones or height loss.

### Controllable Risk Factors

- Not getting enough calcium and vitamin D.
- Not eating enough fruits and vegetables.
- Getting too much protein, sodium and caffeine.
- Having an inactive lifestyle.
- Smoking.
- Drinking too much alcohol.
- Losing weight.

There are also medications and diseases that can cause bone loss and increase your risk of osteoporosis.

## Medicare workshop May 9

A Medicare education workshop will be held at the Topsail Senior Center, 20959 U.S. Hwy. 17 North, Hampstead May 9 from 5:30-7 p.m.

Kay Warner and John Lutz with the SHIP program in Pender County will be present-

ing the workshop. Stephanie Bias, with the Senior Medicare Patrol, will be talking about Medicare fraud.

The class is free, but registration is required. Call the Topsail Senior Center, 270-0708, to sign up for the class.



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# Topsail Senior Center Silent Auction



## Thanks for the Topsail Silent Auction

The Topsail Senior Center and Pender Adult Services would like to thank the kind and generous sponsors as well as the community for their support of the Topsail Silent Auction.

The evening was very relaxed and entertainment by the UNCW Jazz Trio was

enjoyed by everyone. More than 150 items were donated for the auction. We want to thank the volunteers and staff that made donated their time to collect and display the items. This year we had a beautiful display and a nice variety of items

Again, thanks to the se-

niors and the community for their wonderful spirit of giving. They have helped to not only maintain this center, but have helped with the care and wellbeing of those seniors who are unable, either physically or financially to take care of themselves.

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 Options Counseling – Please call Jane Johnson at PAS –(910) 259-9119, extension 309.

## Options

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Desired outcomes of Options Counseling include individuals and families making service and support

choices that fit well with their needs, goals and preferences – even as these change over time. Individuals who achieve or maintain a high degree of independence and control in their daily lives. And individuals and families which are able to get the

Subscribe Today!

*The Pender-Topsail*  
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For more information call 910.259.9111.

## Topsail Senior Center

*Wishes to thank our 2016 Auction Sponsors*

### Platinum Sponsors

Hampstead Marine Corp League  
Hampstead Women's Club  
Smith Family Cremation Services, Inc  
WoodmenLife  
**Silver Sponsor**  
Pierpan Family Dentistry  
**Bronze Sponsor**  
Coastal Pender Rotary

### Memorial and Honorary Giving Program

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

**Community Contributors**  
Emma Anderson Memorial Chapel  
Holy Trinity Episcopal Church  
Wardell & Ruby McDuffie  
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

### Pender Adult Services Calendar

May 3 - Perks - 9 am - HP  
May 4 - Perks - 9 am - TSC - Living with Grief Begins (HP)  
May 9 - Medicare 101 Education Workshop - 5:30 - TSC  
May 10 - Art Class with Mitchell - 10 am  
May 10 - Walgreens Brown Bag Event - 12 - 1 (bring your medicines)  
May 11- Blind Support Group 1 pm - HP  
May 26 - Caregivers Support Group - 11:30 am HP  
May 26 - Blood Pressure Checks & Hep C Education- HP  
May 30 - Closed Memorial Day  
Call Topsail for Caregivers Support date - one Friday each month, dates vary.  
Cancer Support Luncheon - 12:00 - HP canceled this month

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



Personal Care, Sitter, Light House keeping, Respite

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

Caregivers Needed... Hiring now for Hampstead, Maple Hill and Floater position! Call today to start your new career!

## Pender Adult Services Class Schedule

### Heritage Place Opportunities

Phone: 910-259-9119

**Monday**  
8:00—7:00

9:00 Oil Painting (on hold)  
12:00 Meals  
1:00 Bid Whist  
1:00 Canasta  
3:00 Lamplighters 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

11:00 Geri-fit  
11:30 Caregivers Support (4th)  
11:30 Health Checks (4th)  
12:00 Widow's Support (2nd)  
12:00 Cancer support lunch (3rd)  
12:00 Meals  
1:00 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 Group  
10:00 Modified PILATES  
12:00 Meals  
1:00 Tree Top Quilters(2nd)  
3:00 Hospice Trg (2nd)

**Tuesday**  
8:30 am—5:00 pm

9:00 Baskets  
9:00 Geri-Fit  
10:00 Senior Crafts & fun  
12:00 Meals  
2:00 Gentle YOGA  
3:15 Tai Chi

**Wednesday**  
8:30 am—5:00 pm

9:00 Quilting Bee  
9:00 RSVP Perks (1st)  
10:00 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  
12:00 Meals  
1:00 Quilting Class  
1:00 Mahjong  
1:30 Bridge

**Friday**  
8:30 am—2:30 pm

11:00 Line Dance  
12:00 Meals  
Caregivers Support \*\*  
\*\*Call for info

**Saturday—closed**  
Facility Available  
For rentals

# 2016

### 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

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 5:00—9:00

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

**Wednesday**  
Open 5:00—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  
6:45 RIPPED

**Thursday**  
Open 5:00—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 5:00—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