



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on...

November  
2015



Pender-Topsail Post & Voice



A tour group from Pender Adult Services stands in front of the Vermont capital building during the group's tour of the state.

## A Trip To Vermont

By Anna Eubanks

*On Monday morning we met at the bus.  
The good Lord sprinkled all of us.  
Lydia was a little bit late.  
It was almost 7:00 before we left the gate.*

*David was driving, it seemed so right.  
He had Glenda his wife to sleep with at night.  
39 women with different colors of hair:  
They have their roommates with them there.  
4 aging men, tall, fat, chubby or thin.  
Sure glad to have their spouses with them,*

*Frances and Betty were the first to eat.  
Roger and Ann sat in the front seat.  
He helped and watched out for all of us.*

*We all love Jennifer, she felt all alone.  
Becky and Bella had to stay at home.  
  
Pam probably is a little bit sore.  
Twice this week she fell on the floor.  
It rained and rained and rained some more  
We heard it was flooding out NC Shore*

*We went to the Teddy Bear Factory.  
Where little teddy bears are cut and sewn.  
Several people took several home.*

*Dirty Dewey was on the bus.  
He was teased and loved by all of us.  
We all want the restroom and something to eat.  
So off the bus we patted our feet.  
To get a drink and wait in line, a commode can just take one at a time.*

*Ask Margaret how many cinnamon buns she can eat.  
We visited the beautiful Von Trapp Estate.  
The cemetery, beautiful flowers were picture to take.  
We went to the dining room and ate.*

*The Ethan Allen boat ride and three course meal.  
When we got up to walk it made us reel.  
Friday night to the Shady Maple we went.  
All that wonderful food, spread out to eat.  
We all pigged out and if we lived closer by again we would eat.  
Shady Maple Smorgasbord.  
Evelyn takes good care of us.  
She is the last one to get on the bus.*

*Back to good old Pender we go.  
We don't have hail, we don't have snow.  
But an ugly old Hurricane has sent ashore.  
Inches of rain and wind and sore.  
The good Lord sent blessings on all of us.  
We hope to tour again next year on a bus.*

## November is American Diabetes month

By Rebecca Boggs, RN

Pender Adult Services joins with the American Diabetes Association to promote awareness and prevention of Diabetes, a chronic disease affecting nearly 30 million children and adults. Another 86 million Americans are living with Prediabetes. Unless steps are taken to reverse the trend, as many as one in three Americans will have diabetes by 2050. This is a devastating statistic as Diabetes has serious complications:

- Diabetes almost doubles the risk of heart attack or death from heart disease
- Diabetes is the leading cause of kidney failure
- Diabetes is the leading cause of blindness in adults
- Nearly 70 percent of dia-

betics have nerve damage causing pain, digestion problems or sexual dysfunction

The rate of amputation is 10 times higher in adults with diabetes

In addition, the national cost of diagnosing, treating, and caring for people with diabetes is already up to \$245 billion

### Don't be a statistic

Each week in November, the American Diabetes Association will share healthy recipes and tips for how to choose, prepare and serve nutritious food that is delicious! Their goal is to help those living with diabetes and those looking to live a healthier lifestyle achieve health and wellness every single day. Their message is simple – eat well, America.

## Heritage Happenings

By Jennifer Mathews  
Pender Adult Services

Around Heritage Place we are gearing up for the Annual Silent Auction. We appreciate assistance from volunteers that are bringing in items from area businesses and sponsors that are supporting this cause.

If you would like to donate a new item for our auction, please bring it by or contact a staff member and we can pick it up. If you are interested in being a sponsor, please call us at 259-9119. Meals on Wheels delivers meals for clients that are home alone and that would not otherwise have a hot meal.

This program helps older clients have a nutritious mid-day meal while It helps the families of these seniors to know that someone is coming by each day to check on their loved one.

You should plan on joining us for the evening. The event is Nov. 12 at 6:30 p.m. Tickets are on sale now. Come by

and get your tickets today We are located at 901 South Walker Street in Burgaw. We appreciate your support.

In other news, we had a wonderful day at the N.C. State fair. The weather was perfect and all the smells delicious. I think everyone enjoyed their favorite treats and got to see beautiful flowers, interesting crafts and a huge watermelon and pumpkin.

I know everyone was quiet and sleepy on the drive home. It is a great day of outdoor fun but it is a lot of walking. If there are other day trips you might be interested in – please let me know. We still have some space on our Dec. 8 shopping trip to Myrtle Beach.

Geri-fit at Topsail and Heritage Place has become very popular. This class is great to help you build up your strength and balance. It is a low-impact light weight bearing class. It is offered on Tuesday and Thursday. Please see the schedule for times.

There is also a wonderful

More than healthy eating, eating well means savoring delicious food that is easy to prepare.

•Healthy Eating from Start to Finish. Get tips for that will empower you to Eat Well: planning, shopping, preparing, cooking, and serving.

•Lunch Right with Every Bite! Nov. 17th is National Healthy Lunch Day and the Association will provide encouragement to make lunch tastier and healthier every day.

You don't have to give up eating good food to prevent or manage diabetes.

Visit the Association at: [www.diabetesforecast.org/adm](http://www.diabetesforecast.org/adm) to receive the tools you need to make eating healthy a fun, delicious, and easy part of your daily life.

Fit over 50 class that is offered at Fitness Fusion on Monday, Tuesday and Thursday. This is a light cardio strengthening class that will help you keep moving.

I hope you will take a minute and find the humor in the article called *A trip to Vermont* by Anna Eubanks. Anna teaches several classes at Heritage Place and recently traveled with us to Vermont. She sometimes comes up with a poem to share with the group before the end of the trip.

If you are interested in Cards or games – we have you covered. Please see the schedule for bridge, bid-whist, canasta, rummy-que or Mexican train. We also offer cribbage and are starting a non-betting poker group at Topsail.

If there is a game that you like to play and would like to start a group, afternoon slots are available. Contact Jennifer Mathews at 259-9119, extension 303 and we can discuss it.

## Vets continue to serve with RSVP

By Barbara Mullins  
RSVP coordinator

November is such a beautiful month because the air is crisp and Mother Nature is painting the beautiful drop cloth of this fall season. It is also a special month because we honor millions of men and women serving now as well as in past years, in our Armed Forces.

When did Veteran's Day begin? On the eleventh hour of the eleventh day of the eleventh month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "the Great War."

Commemorated as Armistice Day beginning the following year, Nov. 11 became a legal federal holiday in the

United States in 1938. In the aftermath of World War II and the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.

At 11 a.m. every Nov. 11 there is always a special ceremony held at the Tomb of the Unknown Soldier in Washington DC. All branches of the services join together to commemorate our unknown heroes.

RSVP is planning a special recognition for our RSVP volunteers that are serving again. They have already served their country and now are volunteering with RSVP and serving again.

Many are serving a home-bound veteran through our Companion/Respite program, our Meals-on-Wheels program, or our Call-Care program.

find out if they are eligible for Medicare cost savings programs.

In addition to helping Medicare beneficiaries compare and enroll in plans during the annual election period, SHIP counselors can help people

A breakfast will be held in honor of our RSVP veterans at our monthly RSVP Perks meeting the first week of November. We cannot thank these RSVP volunteers enough and ask the community to praise them when you come in contact with them: Edward Acorn, David Arnold, Raymond Becker, Linda Benjamin, Kirk Binning, Leo Capps, Bob Gribble, Essie Grover, Callie Hagans, Larry Hilgeman, Elmer Hodges, Bryant Huffman, James Kearney, Wesley Linton, Bill Messer, Mike Morgan, Jim Mullins, Bill O'Brien, Cliff Patten, Bob Peek, Van Reid, Eddie Rivenbark, Marilyn Taylor, and Earl Williams.

In addition RSVP has two UNCW interns working with us that are also veterans – Lisa Chambers and Michele Tidd. From our open hearts, thank you.

## Medicare open enrollment is underway

Medicare open enrollment has begun and will continue through Dec. 7 with plans going into effect on Jan. 1.

SHIP (Seniors Health Insurance Information Program) is a division of the N.C. Department of Insurance and offers free, unbiased informa-

tion about Medicare, Medicare prescription drug coverage, Medicare Advantage, and other health insurance issues.

In addition to helping Medicare beneficiaries compare and enroll in plans during the annual election period, SHIP counselors can help people

## 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

*Continued on back*



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**Krista Strickland, Pharm. D**

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**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 you new career!

***Pender Adult Services  
November 2015 Calendar***

**Nov. 2 - Wellness Checks 4:30 p.m.(FF)**  
**Nov. 3 - RSVP Perks (HP) 9 a.m.**  
**Nov. 4 - RSVP Perks (TSC) 9 a.m.**  
**Nov. 10- Art/Drawing Experience with Mitchell (HP)- 10 a.m. (HP)**  
**Nov. 10 - Walgreens Brown Bag Event- Bring your RX (HP) noon**  
**Nov. 11 - Closed for Veterans Day**  
**Nov. 12 - Silent Auction 6:30p.m. - No activities at Heritage Place today**  
**Nov. 24 - Art/Drawing Experience - Zen tangle - 10 a.m.**  
**Nov. 26-27 - Closed for Thanksgiving**  
**Caregivers Support Group will not meet in November, please contact Kay Warner for more information**  
**Dec. 8 - Shopping Trip to Myrtle Beach**

# Silent Auction

Thursday November 12th 6:30 pm

## *Annual Gala 2015*



Advance Ticket Purchase Required — \$ 25.00 per person

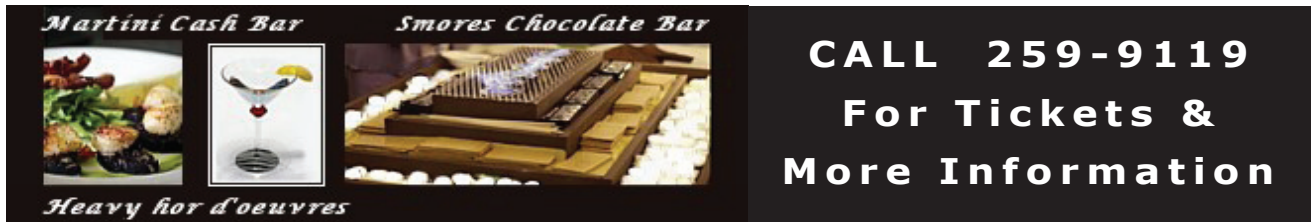
*Come join us!*

We've planned an elegant evening!

Reserved seating available

DJ Music — Dancing — Martini Bar — Chocolate Bar  
Bidding on Items — Specialty Food Stations

Music/DJ Entertainment Provided By: Craig Thomas, D. J.



**CALL 259-9119  
For Tickets &  
More Information**



*A Benefit for the Meals on Wheels Program*

PENDER ADULT SERVICES, INC. P. O. Box 1251 , BURGAW, NC 28425

## *Fitness Fusion now has Massage Therapy appointments Wednesday afternoons Call 259--0421*

### Options

*Continued from front*

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 Options Counseling – Please call Jane Johnson at Pender Adult Services at 259-9119 ext. 309.

## ***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 Oil Painting 12:00 Meals 1:00 Bid Whist 1:00 Canasta 3:00 Lamplighters Chorus 6:00 Line Dance	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	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support (2nd )	11:00 Geri-fit 11:30 Caregivers Support (4th) 11:30 Health Checks (4th) 12:00 Widow's Support (2nd) 12:00 Meals 1:00 Rummyque 3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals  <b>Saturday—closed</b> Facility Available For Rentals

### **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) 10:00 Modified PILATES 12:00 Meals 12:30 Tree Top Quilters(2nd) 3:30 Hospice Trg (3rd)	9:00 Baskets 9:00 Geri-Fit 10:00 Senior Crafts & fun 12:00 Meals 2:00 Gentle YOGA	9:00 Quilting Bee 9:00 RSVP Perks (1st) 9:00 Woodcarving 12:00 Meals 1:00 Canasta 1:00 Knitting Group	9:00 Geri-fit 10:00 YOGA & Cribbage 10:00 Bingo Health Checks (3rd) 12:00 Meals 1:00 Quilting Class	11:00 Line Dance 12:00 Meals Caregivers Support ** **Call for info  <b>Saturday—closed</b> Facility Available

### **Fitness Fusion Group Fitness Classes**

Phone: 910-259-0422

## ***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.*

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
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	5:30 RPM Cycling 8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50  5:30 RPM Cycling	7:00 RPM Cycling 8:30 BODYPUMP 9:30 Health Checks (1st) 9:50 PILATES 12:15 RPM Express	5:30 RPM Cycling 8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 5:30 TURBO KICK 5:30 RPM Cycling	5:30 RPM Cycling 8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP  <b>Saturday</b> Open 8:00—2:30 8:30 RPM Cycling