



# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

November  
2016



New items are being accepted for Pender Adult Services Annual Silent Auction.

## RSVP update

By Barbara Mullins  
RSVP Director

We are an active and energetic group of Seniors giving to our local community.

RSVP will celebrate the thousands of hours given by its 158 volunteers in Pender County during 2016. The Thanks a Million Dinner will be held Nov. 29 at the Topsail Senior Center honoring these dedicated volunteers.

Retired Senior Volunteer Program (RSVP) is part of Pender Adult Services and provides volunteer opportunities for community member who are 55 and older. RSVP volunteers serve as Reading Buddy's to children in Pender County Schools, as drivers for Meals on Wheels, as mentors for developmentally challenged young adults working side by side in community with them, and as caring visitors and friends to elderly folks in our community struggling to live independently at home.

RSVP also has volunteers that will call homebound seniors just to check in and ensure they are doing okay.

RSVP volunteers meet monthly to build strong team relationships and each month a speaker presents on a subject of interest to our group. Topics include fraud prevention, improving home safety, hospice care and palliative care, driver safety program, protection on identity theft and dementia and alzheimer support.

All monthly meetings are open to the community and RSVP hopes you will attend a meeting and enjoy light refreshments with us. We meet the first Tuesday at Heritage Place in Burgaw from 9-10:30 a.m. and the first Wednesday Topsail Senior Center in Hampstead from 9-10:30 a.m.

Future plans for RSVP include a Veterans Day program Nov 11 at the Burgaw Depot and a movie night this winter. For more info please call 910-259-9119 (ext 329).

## November is Diabetes Awareness Month Diabetic myths

November is Diabetes Awareness Month. There are many myths about diabetes that make it difficult for people to believe some of the hard facts – such as diabetes is a serious and potentially deadly disease. These myths can create a picture of diabetes that is not accurate and full of stereotypes and stigma. You may also be interested in our book, [Diabetes A-Z, 6th Ed.](#)

Get the facts about diabetes and learn how you can [stop diabetes](#) myths and misconceptions.

Myth: Diabetes is not that serious of a disease.

Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack.

The good news is that good diabetes control can reduce your risks for diabetes complications harmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. Studies show that keeping blood glucose, blood pressure and low-density lipoprotein cholesterol levels close to normal can help prevent or delay these problems.

Myth: If you are overweight an above-normal body weight; having a body mass index of 25 to 29.9, or obese,

you will eventually develop type 2 diabetes a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently.

Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people.

Fact: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role.

Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor.

Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

Myth: Eating too much sugar causes diabetes.

Fact: The answer is not so simple. Type 1 diabetes a condition characterized by high blood glucose levels caused by a total lack of insulin. Occurs when the body's immune system attacks the insulin-producing beta cells in the pancreas and destroys them.

The pancreas then produces little or no insulin. Type 1 diabetes develops most often in young people but can appear in adults.

It is caused by genetics and unknown factors that trigger the onset of the disease. Type 2 diabetes is caused by genetics and lifestyle factors.

Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages to help prevent diabetes. Sugar-sweetened beverages include beverages like: regular soda, fruit punch, fruit drinks, energy drinks, sports drinks, sweet tea and other sugary drinks.

These will raise blood glucose, the main sugar found in the blood and the body's main source of energy. Also called blood sugar, it can provide several hundred calories in just one serving.

Just one 12-ounce can of regular soda has about 150 calories and 40 grams of carbohydrate. Carbs get digested quickly and easily into glucose. Carbs are the foods that affect blood glucose the most. Examples of carbs are fruits, starchy vegetables, breads, pastas, rice, sugar, syrup and honey. One cup of fruit punch and other sugary fruit drinks

have about 100 calories (or more) and 30 grams of carbohydrate.

Myth: People with diabetes should eat special diabetic foods.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in saturated and trans fat one of the three main nutrients in food. Foods that provide fat are butter, margarine, salad dressing, oil, nuts, meat, poultry, fish and some dairy products.

Excess calories are stored as body fat, providing the body with a reserve supply of energy and other functions. Foods should be moderate in salt and sugar, with meals based on lean protein, with one of the three main nutrients in food.

Foods that provide protein include meat, poultry, fish, cheese, milk, dairy products, eggs, and dried beans. Proteins are also used in the body for cell structure, hormones such as insulin, and other functions. Also non-starchy vegetables, whole grains, healthy fats and fruit are good as well.

Diabetic and "dietetic" foods generally offer no special benefit. Most of them still raise blood glucose. The food you eat gets digested and broken down into a sugar your body's cells can use. This is

glucose, one of the simplest forms of sugar.

Diabetic foods are usually more expensive and can also have a laxative effect if they contain sugar alcohols sweeteners that produce a smaller rise in blood glucose than other carbohydrates. Their calorie content is about two calories per gram. These include erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, mannitol, sorbitol, and xylitol.

Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.

Fact: Starchy foods can be part of a healthy meal plan, but portion size is key. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. In addition to these starchy foods, fruits, beans, milk, yogurt, and sweets are also sources of carbohydrate that you need to count in your meal plan.

Wondering how much carbohydrate you can have? A place to start is about 45-60 grams of carbohydrate per

meal. However, you may need more or less carbohydrate at meals depending on how you manage your diabetes. You and your health care team can figure out the right amount for you. Once you know how much carb to eat at a meal, choose your food and the portion size to match.

Myth: People with diabetes can't eat sweets or chocolate.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more off limits to people with diabetes than they are to people without diabetes. The key to sweets is to have a very small portion and save them for special occasions so you focus your meal on more healthful foods.

Myth: You can catch diabetes from someone else.

Fact: No. Although we don't know exactly why some people develop diabetes, we know diabetes is not contagious. It can't be caught like a cold or flu. There seems to be some genetic link in diabetes, particularly type 2 diabetes. Lifestyle

*Continued on back*

## Options Counseling – what is it?

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 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

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**Alzheimer's  
Support  
group will not  
meet  
in November.  
Please mark your  
calendar for the  
Christmas party  
December 8  
at Heritage Place.**

## Medicare annual election period through Dec. 7

Your health needs change from year to year, and the benefits and costs of your health and Medicare drug plans may change each year, too.

It is important to evaluate your Medicare choices during the annual election period through Dec. 7, and make changes to your cover-

age if it would benefit you. Seniors' Health Insurance Information Program (SHIIP) volunteers are available to help you review your Medicare prescription drug plans and Medicare Advantage Plans, to see if you would benefit from making changes to your current plan. SHIIP volunteers are

trained by the N.C. Department of Insurance and provide unbiased information.

To schedule an appointment in Pender County, call 259-9119 ext. 301, Pender Adult Services, for the western side of the county, and 270-0708, Topsail Senior Center, for the eastern side of the county.

## Pender Adult Services Annual Gala



*Silent Auction  
Benefiting  
Meals on Wheels*



*Thursday, November 10, 2016*

*6:00 pm*

*Semi-Formal Event at Heritage Place*

Come join us for an elegant evening of music, dancing, and specialty food stations, along with a martini and s'mores bar. You will be supporting an important service for your community. Advance ticket purchase is strongly encouraged. Pender Adult Services, Inc. invites you to help support our efforts with a sponsorship and/or a new donated item(s).

## Diabetes

*Continued from front*

factors also play a part.

Myth: People with diabetes are more likely to get colds and other illnesses.

Fact: You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any illness can make diabetes more difficult to control, and people with diabetes who do get the flu are more likely than others to go on to develop serious complications.

Myth: If you have type 2 diabetes and your doctor says you need to start using insulin hormone that helps the

body use glucose for energy. The beta cells of the pancreas make insulin. When the body cannot make enough insulin, it is taken by injection or through use of an insulin pump. X, it means you're failing to take care of your diabetes properly.

Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

Myth: Fruit is a healthy food. Therefore, it is ok to eat as much of it as you wish.

Fact: Fruit is a healthy food. It contains fiber, the part of food that is hard to digest. Foods high in fiber take longer to digest and therefore affect your blood glucose more slowly (i.e. whole wheat bread, prunes and other vegetables) and lots of vitamins and minerals. Because fruits contain carbohydrates, they need to be included in your meal plan. Talk to your dietitian, a health care professional who advises people about meal planning, weight control and diabetes management. A registered dietitian (RD) has more information about the amount, frequency and types of fruits you should eat.

Questions about  
Medicare?  
We Can Help!!



# Heritage Place and Topsail Senior Center will be closed November 11 for Veterans Day.

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

## 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	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 Rummyque	<b>Saturday—closed</b>
6:00 Line Dance	1:00 Quilting Group	1:00 Blind Support (2nd)	3:00 Quilting/Sewing Club	Facility Available For Rentals
	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 Group	9:00 Baskets	9:00 Quilting Bee	9:00 Geri-fit	11:00 Line Dance
10:00 Modified PILATES	9:00 Geri-Fit	9:00 RSVP Perks (1st)	10:00 YOGA & Cribbage	12:00 Meals
12:00 Meals	10:00 Senior Crafts & fun	10:00 Knitting Group	10:00 Bingo	Caregivers Support **
1:00 Tree Top Quilters(2nd)	12:00 Meals	12:00 Meals	12:00 Meals	**Call for info
3:00 Hospice Trg (2nd)	2:00 Gentle YOGA	1:00 Canasta	1:00 Quilting Class	<b>Saturday—closed</b>
	3:15 Tai Chi		1:00 Mahjong	Facility Available

# 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	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	5:30 RPM Cycling
8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	8:30 ZUMBA	8:30 BODYPUMP
9:40 YOGA	9:40 YOGA	9:30 Health Checks (1st)	9:40 YOGA	9:50 PILATES
10:45 FIT OVER 50	10:45 FIT OVER 50	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
4:30 Health Checks (1st)	5:30 BODY ATTACK	12:15 RPM Express	5:30 TURBO KICK	<b>Saturday</b>
4:30 RPM Cycling	5:30 RPM Cycling	5:30 BODY PUMP	5:30 RPM Cycling	Open 8:00—2:30
5:30 BODYPUMP	6:30 ZUMBA			8:30 RPM Cycling