



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

October  
2015



Courtney Penny and Billie Jo Hill are CFCC Interns who work with seniors at the Topsail center to create beautiful craft items.

## Topsail Senior Center News

By Kay Stanley  
Topsail Senior Center

Fall is here and we have some changes in times for some of the classes and activities. We are trying to add more when we receive enough interest to warrant adding new classes. Peggy Casey is in full swing with her basket weavers. We have had some record numbers in the Geri-fit class and everybody keeps coming out smiling. We all miss Kathy Y. who is recovering from hip surgery. Knowing Kathy, she won't be out long. The woodcarvers are meeting on Wednesday mornings,

and the knitters are here on Wednesday afternoons. The Topsail crafters are producing some amazing projects. Debbie Lamphere is supplying us with ideas and she and her sister provide much of the materials needed to complete our projects. Also the Cape Fear occupational therapy students are so helpful and enthusiastic with our crafts and fellowship. We enjoy their input.

We have upcoming flu shots Oct. 13 from 9 a.m. until 2 p.m. provided by the Pender County Health Department. The Canasta Wednesday afternoon group has grown

and still welcome newcomers to join their fun.

Also, on Thursday mornings, we need more cribbage players. Line dancing is on Fridays at 11 a.m. and we have had a nice group and they all leave out very happy with their accomplishments. Sheryl is a grand teacher. Hospice is housing a special grief series led by Greg Yeager on Fridays from noon until 2 p.m. and that series started Sept. 18. The next caregiver's support meeting is Oct. 23. We welcome new faces and new ideas. That's what we are here for.

## October is Breast Cancer Awareness month

By Jennifer Mathews  
Pender Adult Services

It's that time of year again when the temperatures begin to fall and there is a crispness in the air. Football lovers are gearing up to support their favorite teams and nature is beginning her display of those fabulous fall colors: red, orange, brown, and pink? That's right – pink. October is National Breast Cancer Awareness month.

The iconic pink ribbons selected by the National Cancer Society to symbolize breast cancer awareness are everywhere! Even your favorite NFL team will be proudly wearing pink showing their support.

This October, Pender Adult Services is proud to participate in raising awareness about breast cancer. Breast cancer is the second leading cause of cancer among

women. In fact, one in eight women born today can expect to have breast cancer at some point in her life.

While the statistics are scary, there is good news: When detected early, the five year survival rate is more than 98 percent. So what can you do? Begin today to develop an early detection plan.

Your plan should include a discussion with your doctor about regular screening for breast cancer. Depending on your personal history and risk factors, your doctor may recommend annual mammograms and clinical breast exams.

All women, beginning in their 20s, should examine their breasts monthly. Monthly self-exams make you familiar with your breasts and what is normal for you. This will help you detect changes early.

What should you report to your doctor?

- Any lumps
- Swelling around the breasts, collarbone, or armpits
- Changes in the skin on the breasts such as dimpling or redness
- Breast warmth or itching
- Changes in the nipple
- Discharge from the nipple
- Pain

In addition to an early detection plan, the most important thing you can do to prevent breast cancer, or cancer of any kind, is to make healthy lifestyle choices:

- Maintain a healthy weight or lose weight if you need to
- Exercise at least 30 minutes most days and stay active during the day
- Increase your intake of fruits and vegetables
- Do not smoke.
- Limit alcohol intake

So this October, enjoy the cooler weather, cheer for your favorite team and think pink.

## RSVP News

By Barbara Mullins  
Pender Adult Services

Pender Adult Services has offered a Telephone Care Call for many years. Since there are so many people in the Burgaw area that live alone, someone checking in was a main focus of a small group of 2-3 volunteers.

The past few months the Retired Senior Volunteer program (RSVP) took a closer look at this program and realized that there are many homebound seniors throughout Pender County that need a check in telephone call.

Our Meals-on-Wheels Seniors do not have delivery on Friday, which means no one checking on them that day from our Center – perfect day to receive a phone call.

It is a proven fact that socialization relieves depression and a simple telephone call can be such added joy to our senior's day. In addition, the telephone call assures the senior is safe and all is well.

This past June RSVP started a new Call Care program and eight volunteers are assigned telephone calls to make two times a week. It is inevitable that friendships and trust

are already forming from our recent calls.

If you would like to be on our call list to receive a check in call, please contact our RSVP office and we will take the necessary info to include you in this program.

We are also hoping to recruit more RSVP volunteers to help with telephone calls – the more volunteers we have the more calls that we can make.

Time is flexible and calls can be made from your own home or from our RSVP station. If you are interested in volunteering contact me at 910-259-9119 (ext 329).

## Heritage Happenings

By Jennifer Mathews  
Pender Adult Services

Seniors are living longer and celebrating birthdays. Miss Unez celebrated her 95th at Heritage Place this past month. Her daughter comes with her now and she brought cupcakes for everyone that was here for lunch. Happy Birthday Miss Unez and many more!!

It is always nice to sit down and chat with a friend. I see that happening here at Heritage Place on the porch in the rocking chairs. These nice days that we have had make for nice conversations in the shade of the porch.

We even have some seniors enjoying lunch on the back patio. You can find a friend here and it breaks the loneliness of those four walls at home. Carolyn and the girls will cook you a nice lunch or you can always have a nice salad if you don't like what is on the menu. You are certain to find someone to talk to.

If you need to find some exercise we offer plenty of that at Fitness Fusion or join

us for the free Geri-fit class on Tuesday and Thursday. This light weight-bearing class will keep you limber and moving.

We have basket weaving, crochet, knitting oil painting and

*Continued on back*



Miss Unez celebrated her 95th birthday at Heritage Place with cupcakes provided by her daughter.

## RSVP hosts Hospice Oct. 6, 7

RSVP hosts Community Hospice Oct. 6 in Burgaw and Oct. 7 in Hampstead. This informational meeting is open to the public and will begin around 10 a.m. Join us for our perks and stay for this informative meeting. Refreshments are provided

Community Hospice serves the state of North Carolina and has multiple offices locally. Understanding home care, home health, and Hospice services can be tricky at times. We will discuss all three in detail and how each of the services are paid. For more information call 259-9119 (ext. 329)

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## Medicare Part D annual election period

Medicare Prescription Drug (Part D) plan program offers plan members the ability to make changes in their coverage each year during the annual election period, Oct. 15-Dec. 7, and plans will be effective Jan. 1, 2016.

All people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage during this time.

A beneficiary should not assume that a plan that met

their needs in 2015 will do the same in 2016. Part D plans contract on a yearly basis with the Medicare program. This allows for changes in formulary lists (the prescription medications covered by the plan), restriction and limitation requirements, monthly premium payments, and pharmacy co-payments for any medication each year.

Seniors Health Insurance Information Program (SHIIP) encourages each Part D participant to compare the coverage offered by their current plan with the coverage that will be offered by all plans available in 2016.

Many plans offer a mail order pharmacy option that can save money with a 90-day supply of a medication and lower co-payment levels. If this is an option you are interested in, make sure your plan has a mail order component.

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PENDER COUNTY HEALTH DEPARTMENT  
SEASONAL FLU CLINIC DATES

Date	Location	Time
10/13/15	Topsail Senior Center 20959 US Hwy. 17, Hampstead	9 a.m. - 2p.m.
10/14/15	Town of Surf City Welcome Center 102 N. Shore Dr. Surf City	9 a.m.-1p.m.
10/15/15	Topsail Beach Town Hall 820 S. Anderson Blvd. Topsail Beach	10 a.m.-1p.m.
10/22/15	Pender Adult Services 901 S. Walker St. Burgaw	9 a.m-3 p.m.
10/27/15	Canetuck Community Center 6621 Canetuck Rd. Currie	12:30-2:30 p.m.

**Pender County Health Department**803 S. Walker Street, **Burgaw**  
*Beginning Oct. 5* Flu Shots will be available  
Monday-Friday, (8:30 am-11:30 am) & (1:30 pm-4:30 pm)  
**PLEASE BRING YOUR INSURANCE CARDS**  
**Vaccine is available free of charge for uninsured**  
**children 6 months to 18 years old**  
**Adults with no insurance: regular dose \$35, high dose \$55 (65 and older)**  
For additional information call Pender County Health Department 259-1230.

PENDER ADULT SERVICES  
2015 NC State Fair Trip



Tuesday, October 20 COST: \$25  
*Fair admission not included – Seniors Free*  
**REGISTRATION OPEN NOW**  
The State Fair involves a lot of walking.  
BE PREPARED!!  
CALL JENNIFER AT 259-9119 X 303  
FOR MORE INFORMATION

**PAS Silent Auction**  
**November 12, 2015**  
**Benefit for Meals on Wheels**

Pender Adult Services  
October 2015 Calendar

October 6 – RSVP Perks (HP) 9 am  
October 7 – RSVP Perks (TSC) 9 am  
October 7 – Retired PMH Group – 12 noon  
October 8 - Widows Support Lunch (HP) – 12:00 noon  
  
October 13- Art/Drawing Experience with Mitchell (HP)– 10 am (HP)  
October 13 - Walgreens Brown Bag Event- Bring your Prescriptions (HP) 12 noon  
October 14 – Retired School Personnel – 11 am  
October 14 - Blind Support Group (HP) - 1 pm  
October 15 – Open Enrollment for Medicare Part D begins  
October 15 - Cancer Support Group (HP) – 12 noon – Wear Pink Day  
  
October 20 – NC State Fair Trip  
October 22 - Caregivers Support Group (HP) 11:30 am  
October 22 - Flu Shots & Blood Pressure Screening (HP) – PC Health Department  
  
October 27 – Art/Drawing Experience - Zen tangle – 10 am  
October 27 – In-Service Training – Avoiding Fraud – 3 pm  
October 29 – Fall Prevention and Halloween Fun – 11 am  
SAVE THE DATE  
Silent Auction – November 13  
Get your tickets now!!

**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 you new career!*

**Memorial and Honorary  
Giving Program**

*Your Gifts to*  
*Pender Adult Services are acknowledged*  
*with grateful appreciation*  
**Community Contributors**  
**Wardell & Ruby McDuffie**  
**Emma B Anderson Memorial Chapel**  
**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

**Volunteers needed for  
Meals on Wheels  
Delivery in Burgaw**  
**Call RSVP 259-9119**  
**Ext. 329**

**Heritage**

*Continued from front*

quilting to keep your hands moving during the week or you can play bridge, canasta, rummyque, bid whist or bingo to test your mental skills. If there is a game you would like to play give me a call – we can advertise and gather a group. Our lamplighters are getting back in practice if you wish to use your voice to make a joyful noise. They had to take a break because of some health issues but are starting back on Monday's at 3 pm and will be singing around town soon.

A group is heading off to walk our socks off at the North Carolina State Fair in October. We have a few seats left if you would like to go. If you aren't interested in that you may want to hop on the bus to Myrtle Beach for a shopping day trip to Hamrick's and

Tanger. That is scheduled for Dec. 8 and will cost \$25 for the chartered bus. If you have ideas for day trips, give me a call and we can consider it.

Flu shots will be offered Oct. 13 at Topsail and Oct. 22 at Heritage Place. We are scheduling appointments to keep you from waiting. The Health Department will be providing them throughout the season at their building but they are offering community clinics too. Please see the related article.

Open Enrollment for Medicare Part D starts Oct. 15. It pays to make an appointment and review your medicines and make sure that your plan is still the best one for you. Call either Heritage pLace or Topsail to schedule your appointment.

We hope you will join us for our annual Silent Auction in November. Tickets are on sale now. Save the date – Nov. 12. See you soon at Heritage Place.

**Medicare**

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Medicare recipients who have not previously enrolled in a Part D plan are allowed to do so during this period (although they might see a premium penalty if other creditable coverage did not exist).

Medicare beneficiaries with low incomes and limited resources may be eligible for Extra Help/Low Income Subsidy (LIS) program to reduce or eliminate the monthly

premium, annual deductible, and to reduce prescription co-payments. SHIIP volunteers help determine eligibility and help with the application process.

SHIIP volunteers provide unbiased information and comparisons of the 2016 Medicare Part D prescription coverage options and the Medicare Advantage Plans.

To schedule an appointment in the Burgaw area, call Pender Adult Services, 259-9119, and for the Hampstead/Topsail area call the Topsail Senior Center, 270-0708.

**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 <i>RSVP Perks (1st)</i> 11:00 Geri-fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting Group	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 <i>Blind Support (2nd)</i>	11:00 Geri-fit 11:30 Caregivers Support (4th) 11:30 Health Checks (4th) 12:00 Cancer Support (3rd) 12:00 Meals 12:30 Mexican Train/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 <i>Tree Top Quilters(2nd)</i> 3:30 <i>Hospice Trg (3rd)</i>	9:00 Baskets 9:00 Geri-Fit 10:30 Feel Good Fun 12:00 Meals 2:00 Gentle YOGA	9:00 Quilting Bee 9:00 <i>RSVP Perks (1st)</i> 9:00 <i>Woodcarving</i> 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 1:00 Mahjong 1:30 Bridge	11:00 Line Dance 12:00 Meals Caregivers Support ** **Call for info  Saturday –closed Facility Available For rentals

**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 <i>Health Checks (1st)</i> 4:30 RPM Cycling 5:30 BODYPUMP 6:40 ZUMBA	5:30 RPM Cycling 8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50  5:30 RPM Cycling 6:30 ZUMBA	7:00 RPM Cycling 8:30 BODYPUMP 9:30 <i>Health Checks (1st)</i> 9:50 PILATES 12:15 RPM Express  5:30 BODY PUMP	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	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