

Helpful information to enhance senior living
provided by Pender Adult Services



Pass it on...

The Pender-Topsail
POST
& Voice

November
2018


PENDER ADULT SERVICES, INC.

November is American Diabetes Month This Thanksgiving, bring healthy to the table

By Rebecca Boggs, RN
Contributing Writer

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 1 in 3 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 diabetics 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

Topsail Senior Center News

By Donna Murphrey
Topsail Senior Center

We are finally seeing signs of fall at Topsail Senior Center and counting our blessings that Hurricane Florence did no major damage to our center. We would like to thank our wonderful neighbors Pender Pines and the Marine Corp League of Hampstead for cleaning up the downed trees in our yard and driveway.

Also a big thank you for Staff and Volunteers who worked very hard to make certain our Meals on Wheels clients were fed after the storm.

As things are getting slowly back to normal, I just returned from a Pender Adults Services Cape Cod trip with about 40 of our seniors from Hampstead and Burgaw. We had a lovely time sightseeing and I think we brought the cool air back

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! 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 to receive the tools you need to make eating healthy a fun, delicious, and easy part of your daily life.

with us. We have an upcoming Christmas trip to New York, which still has space available if anyone is interested, call PAS (910) 259-9119.

We are having a Senior Dance "Shake a Memory" from 10-11:30 a.m. Nov. 13. Please bring a photo of you as a child before that day for we are playing a photo memory game and

There will also be flu shots available from 10 a.m. to 3:15 p.m. Nov. 13 so call and make an appointment. Some walk-ins will be available too.

Don't forget about Medicare Open Enrollment from Oct. 15 through Dec. 7. If you need to speak with someone about your Medicare Part D or Medicare Advantage Plan, call 270-0708 to make a Hampstead appointment with our Senior Health Insurance Information Program volunteers, we still have appointments available.



Pender Adult Services recently sponsored a trip to Cape Cod. Seniors enjoyed sightseeing and of course some New England chowder. Call Jennifer Mathews at (910)259-9119 extension 303 for information on activities, programs and trips.

Heritage Place Happenings

By Jennifer Mathews
Pender Adult Services

There's a lot happening these days at Heritage Place and Topsail Senior Center. We are well underway with Medicare Part D Open enrollment. If you still need appointment to review your plan please call Heritage Place, Burgaw at 259-9119 press 0 or Topsail Senior Center in Hampstead at 270-0708. Appointments are limited. You may call the state wide number and have a SHIIP Counselor assist you

by phone. Their number is 1-855-408-1212.

Even though we canceled our Silent Auction we have continued to receive support financially from our community.

Special thanks to our sponsors: American skins, Burgaw Rotary, Canady & Sons Exterminating, Carolina Coastal Equine, Charles Thur, Delivery Concepts, Foxster Solutions, James and Heide Robbins, Ray and Roberta Bost, and Security Plus Electrical. We will formally thank them

in the November newsletter.

In other happenings our Jewelry class has shown new interest. It is taught by Anna Eubanks on Thursday morning. The class meets from 9 a.m. until noon. If you are interested in creating new designs or repairing older pieces please sign up at the front desk for this class. Our Monday Art class at Heritage place continues to have a regular following. Basket class has had an extended break since Florence but will soon be starting back.

RSVP will welcome speaker Ann LuRue. Ann has excellent presentation on caregiving especially as it relates to dementia. This presentation is open to the public and will be offered on Tuesday, November 6th at Heritage Place and Wednesday, Nov. 7 at Topsail. Perks begins at 9 a.m. Join us to learn more.

Our next planned senior trip will be to New York City in December. We still have a few seats left if you are interested in joining us contact Jennifer at 910-259-9119 extension 303.

RSVP Update

By Barbara Mullins
RSVP Director

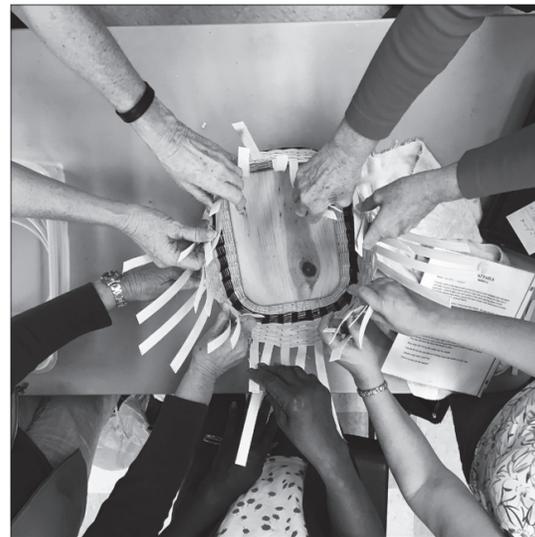
The Retired Senior Volunteer Program volunteers have been busy in our community helping our homebound seniors reach a new normal. Some volunteers assisted seniors prepare for hurricane, checked on them throughout the hurricane, moved them to shelters and safe places, helped them settle back in when safe and power was restored.

Thanks to Renovation Church (Hampstead), Riley's Creek Baptist Church (Rocky Point) and Faith Harbor Church (Surf City) for the blessings of their demolition/debris/recovery on the properties of RSVP volunteers and homebound seniors. No idea what we would do without your dedication and pouring out of love.

RSVP Reading Buddies are excitedly waiting their assignments to teachers in Pender County Elementary Schools began working with students Oct. 29. This year we

are expecting a need for more volunteers because the school year is starting a bit late and we know so many students were relocated during the hurricane and are returning needing a bit more one-on-one attention and support in their studies.

RSVP volunteers bring a calmness to young children, consistency each week, a child's biggest cheerleader, and a patient/sincere support system. RSVP still recruiting new volunteers for Reading Buddies. Particular need is in the Penderlea area. Please call Barbara Mullins for more information (910-259-9119 extension 329) You could make a huge difference in a child's life today.



Basket class is offered at Topsail on Tuesday and at Heritage Place on Wednesday mornings at 9 a.m. Classes will resume soon. Call if you are interested in this activity.

Subscribe to the Post & Voice
Mail delivery every
Thursday Subscription:
\$25 per year for seniors
Call 259-9111 for information

INFORMATION PLEASE - WE ARE HERE TO HELP

Please call Heritage Place at 259-9119 X 309 (Or Topsail 270-0708) if you need information, referral or assistance with any of the following services:

- | | |
|---------------------------|---|
| Health Screenings | Fitness & Health Promotion |
| Insurance Counseling | Tax Preparation/Counseling |
| Legal Services | Transportation Medical/General |
| Caregivers Classes | Family Support Groups |
| Housing | Reverse Mortgage Counseling |
| Home Repair/Modification | Home Health Services |
| In-home Aide Services | Medicaid Benefits/Medicare Benefits |
| Social Security Benefits | Job Training/Placement |
| Adult Day Care/Day Health | Community Mental Health |
| Disaster Services | Durable Medical Equipment/Assistive Devices |
| Hospice Care | Long-term Care Facilities |
| Rehabilitation Services | Report Suspected Abuse, Neglect or Exploitation |
| Respite | SHIIP (Senior Health Insurance) |
| Telephone Reassurance | Congregate Meals/Home Delivered Meals |
| Energy Assistance | Food Distribution |
| Volunteer Opportunities | Senior Games |

Flu Shot Clinic

Pender Adult Services Burgaw
Nov. 1 10 a.m. until 3:30 p.m.

Call 910-259-9119 to make an appointment in Burgaw
901 S Walker Street, Burgaw, NC

Topsail Senior Center
Nov. 13 10 a.m. until 3 p.m.

Call 910-270-0708 to make an appointment in Hampstead
29595 Hwy 17, Hampstead, NC

PLEASE BRING YOUR INSURANCE CARDS
Adults with no insurance: Regular dose \$40,
High Dose \$70 (65 yr +)

Can't make this day? Please call the
PENDER COUNTY HEALTH DEPARTMENT
At 910-259-1230

Administered by Pender County Health Department

Subscribe to the Post & Voice today, Call 910.259.9111.

What to know about COPD

It claims a life every three to four minutes, making it one of the leading causes of death in the United States.

The culprit: COPD, or chronic obstructive pulmonary disease.

Nationwide, more than 16 million people have been diagnosed with this debilitating lung disease, also known as emphysema or chronic bronchitis. But millions of others likely have COPD and don't know it, as symptoms develop slowly and worsen over time.

Shortness of breath, chronic coughing, wheezing and excess mucus—all can make even the most mundane tasks difficult, yet many people think these are just normal symptoms of aging or being out of shape.

So, what are the chances you have COPD? Smoking, research has long shown, is the main risk factor for the disease. Some 75 percent of people who have COPD smoke or once smoked. But long-term exposure to lung irritants such as secondhand smoke, air pollution, and chemical fumes and dust—from both the environment and workplace—can be a risk factor, too. In some cases, genetics can play a role.

The good news is COPD is highly treatable and manageable. The bad news is, due to

the slow progression of the disease, Americans often delay seeking help until the problem is severe, which can lead to serious, long-term disability.

The National Heart, Lung, and Blood Institute (NHLBI), together with federal and nonfederal partners, has developed the COPD National Action Plan, the first-ever blueprint for collective action to reduce the burden of the disease.

According to the Centers for Disease Control and Prevention, COPD is almost twice as likely to affect people living in rural communities than in urban ones. Because of this disparity, NHLBI is taking special steps to help rural residents get the advice it wants everyone to follow: learn the signs and symptoms of COPD, and if breathing issues are impacting even the most basic daily everyday tasks, see a health care professional, such as a primary care provider, nurse practitioner or other specialist.

For more information about COPD and resources, visit NHLBI's COPD Learn More Breathe Better program at COPD.nhlbi.nih.gov.

Talk to a health care professional as soon as breathing problems occur. (StatePoint)

Pender Adult Services November 2018

NOVEMBER IS NATIONAL DIABETES MONTH

- November 1 – PCHD Flu Clinic at Heritage Place – appointments available
- November 6 & 7 – RSVP Perks meet 9 a.m. (HP & TSC)
- November 8 – RSVP Card Class – 9:30 a.m. (HP)
- November 12 – Closed for Veterans Day
- November 13 – PCHD Flu Clinic at Topsail – appointments available
- November 13 – “Shake a Memory” Dance at Topsail – 10-11:30 a.m.
- November 14 – PC Retired School Personnel – 11 p.m. (HP)
- November 14 – PC Blind Group – 1 p.m. (HP)
- November 20 – Celebrating Thankfulness (HP) (TSC)
- November 22-23 – Closed for Thanksgiving

Medicare Open Enrollment is NOW

Make an appointment to see a SHIIP counselor
To review your Medicare Part D plan
Appointments available October 15 – December 7

For immediate assistance

Call 1-855-408-1212

MASSAGE BY APPOINTMENT

on Wednesday

See front desk for times and cost



The Senior Travel group enjoyed cooler temperatures, a day of sightseeing on Martha's Vineyard and a dune buggy ride on the Cape Cod National Seashore.



Pender Adult Services staff and seniors bring awareness to breast cancer by wearing pink. Join us for educational programs and fun activities.

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 Art Class	9:00 Crocheting	9:00 Baskets	9:30 RSVP Card Class (2nd)	
12:00 Meals	9:00 RSVP Perks (1st)	11:00 Bingo	9:30 Jewelry	11:00 Bingo
1:00 Bid Whist	10:30 Group Walk	12:00 Meals	10:30 Group Walk	12:00 Meals
1:00 Canasta	11:00 Geri-fit	1:00 Bid Whist	11:00 Geri-fit	
3:00 Lamplighters Chorus (offsite at times)	12:00 Meals	1:00 Bridge	11:30 Caregivers Group(4th)	Saturday—closed
6:15 Line Dance	12:30 Pinochle/ 1:00 Rummikub	1:00 Blind Support (2nd)	11:30 Health Checks (4th)	Facility Available For Rentals
	1:00 Quilting Group		12:00 Meals	
	1:00 Knitting Group		1:00 Rummikub/ MEX TRAIN	
			3:00 Craft Club	

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)	9:00 Baskets (delayed)	9:00 Quilting Bee	9:00 Geri-fit & Cribbage	11:00 Line Dance
10:00 Modified PILATES	9:00 Geri-Fit	9:00 RSVP Perks (1st)	10:00 YOGA	12:00 Meals
12:00 Meals	10:00 Senior Crafts & fun	9:30 Knitting Group	10:00 Bingo	12:00 Line dance 2
1:00 Tree Top Quilters(2nd)	12:00 Meals	12:00 Meals	11:15 Beg. Tai Chi	Caregivers Support **
3:00 Hospice Trg (2nd)	2:00 Gentle YOGA	1:00 Canasta	12:00 Meals (BP Checks-3rd)	**Call for info
	3:15 Advanced Tai Chi		1:00 Quilting/Mahjong/ BRIDGE	Saturday –Facility Available for rentals

Fitness Fusion Group Fitness Classes At Heritage

Phone: 910-259-0422

	Monday	Tuesday	Wednesday	Thursday	Friday
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.	5:30 RPM Cycling	5:30 RPM Cycling	7:00 RPM Cycling		Open 5:00—9:00
	8:30 BODYPUMP		8:30 BODYPUMP	10:45 FIT OVER 50	8:30 BODYPUMP
	9:40 YOGA	9:40 YOGA	9:50 PILATES		9:50 PILATES
	10:45 FIT OVER 50	10:45 FIT OVER 50		5:30 BODY PUMP	5:30 BODY PUMP
	5 pm BODY PUMP	6:30 RPM Cycling			Saturday CLOSED
	(Line Dance at 6:15)				8:30 RPM Cycling

MODIFIED SCHEDULE

2018