



# Pass it on...

The Pender-Topsail  
**Post**  
& Voice

October  
2019



Need help getting around? Contact Pender Adult Services Transportation

## Extra help programs for prescription medications

The program known as Low Income Subsidy (LIS) was designed to help seniors with limited income get medications with no monthly premium or a reduced premium, and lower actual drug costs. The problem:

- Seniors previously tried to qualify for the program and were not deemed eligible
  - Seniors never tried to qualify for the program
  - Seniors were not aware the program existed
- The challenge:

- Locate these individuals
- Hold meetings throughout the county to reach the eligible population
- Explain the program and how they will benefit
- Complete an application and submit it to Social Security

Seniors must meet two criteria to qualify for the program. The first criteria is an annual income requirement: a single senior's income cannot exceed \$1581 monthly; a married senior's joint income cannot exceed

\$2100 monthly. The second criteria is a resource component which includes your savings, investments, and property other than your home and the property it is on: a single senior's resources cannot exceed \$12,890; and a married senior couple's resources cannot exceed \$25,720. (Not counted in resources are your home and property it is located on, vehicles, personal possessions, burial plots or irrevocable burial contracts.

In addition, each individ-

ual is entitled to an exclusion for burial expenses)

Qualifying seniors will pay no more than \$8.80 for covered name brand drugs and no more than \$3.30 for generic medications. You will also be eligible for a plan with no monthly premium or a reduced premium determined by Social Security or the State.

If you are uncertain that you meet the qualifications, please call and set up an appointment. SHIIP volunteers can assist you with an application.

## Think pink for breast cancer awareness

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?

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. We will have our Think Pink Day Oct. 18. Break out your pink!

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 doc-

tor 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

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

## Heritage Happenings

By Jennifer Mathews  
Pender Adult Services

October will be a busy month here at Heritage Place! We are having a flu clinic Thursday, Oct. 10 from 11 a.m. until 3 p.m. Bring your insurance cards with you. The Pender County Health Department will be administering the shots. Adults without insurance expect to pay \$45 for a regular dose; for adults ages 50-64 the FLUBLOK, is available

to \$75; High Dose shots are available for ages 65 and older for \$75. If you cannot make this day you may call the Health Department at 910-259-1230 for information about other possible dates.

We will be traveling to the North Carolina State Fair for Senior's day. We still have space if you would like to go. Cost is \$25 for transportation and seniors get in free at the fair.

Our big event is our annual

Silent Auction. Beautiful items are coming in and will soon be on display. You may drop by and pre-shop. We will have a wonderful dinner with dancing. You may get your tickets now at Heritage Place.

Open Enrollment for Medicare Part D begins Oct. 15. Please call (910)259-9119 to make an appointment to review your medication costs. We have appointments at Heritage Place and the Topsail Senior Center.

## Topsail Center News

By Donna Murphrey  
Pender Adult Services

Crisp morning temperatures let us know that fall is on the way so come for a hot lunch. We serve a hot lunch Monday through Thursday from 11:40 until noon. On Wednesdays and Thursdays we are serving lunch that is not prepackaged but served on a plate. Please come try our lunch and let us know what you think.

For Seniors 60 and older, lunch is free, donations only (suggested donation \$2.50). All you need to do is complete a form and let us know a day in advance so we can prepare enough meals. Please stop by and pick up a form, and a monthly menu.

There are still seats available for the trip to the North Carolina State Fair

Oct. 22. Cost for bus is \$25, fair entrance fee is on your own; however, if you are a senior 65 years or older, entrance to fair is free.

Our Zumba and Basket Weaving classes have started back and we have room for you to join us. We have many exercise classes as well to help you stay fit as the weather outside cools.

Also with fall comes Medicare Open Enrollment, we are taking appointments for individual counseling with SHIIP volunteers (Senior Health Insurance Information Program) to make certain you have the best plan for your medical needs. Call us at 910-270-0708 to make an appointment.

## Medicare open enrollment

Are you paying too much for your prescriptions? It's time to evaluate your plan and see what's new for 2020. SHIIP, a division of the NC department of Insurance, offers free, unbiased information about Medicare

and can assist with enrollment and subsidy applications that could save you money.

Medicare Annual Open Enrollment Period is Oct. 15 through Dec 7. Changes will be effective Jan. 1,

2020. Call to schedule an appointment with a trained SHIIP counselor soon. For Burgaw appointments call Heritage Place at 910-259-9119 or Hampstead appointments call Topsail Senior Center at 910-270-0708.



**Licensed CNA**

**Positions Available**

Pender Adult Services is hiring CNA's.  
All areas including Burgaw, Rocky Point, Currie, Maple Hill and Hampstead.  
Must have reliable transportation.

Contact Anna or Cathy at 259-9119 ext. 2

# Pender Adult Services



## STATE FAIR TRIP 2019

October 22, 2019

Cost: \$25 transportation fee only, admission free for 65 and up

**SIGN UP NOW OPEN**

For more information call 259-9119



# Silent Auction

Thursday      October 24th      6:00 pm

Annual Gala 2019

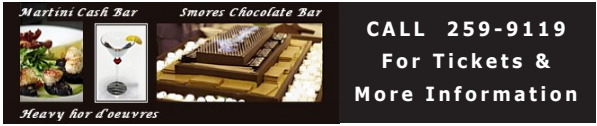


Advance Ticket Purchase Required — \$ 25.00 per person

Come join us!

We've planned an elegant evening!  
Doors will open at 5:30pm

DJ Music — Dancing — Martini Bar — Smore's Bar  
Bidding on Items — Specialty Food Stations



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

# Basket Classes

Underway now

Tuesday at TSC 9 a.m. until 1 p.m.

Wednesday at HP from 9 a.m. until 1 p.m.

New Seasons in November

Cost:

6-week class fee is \$18 for 60 and older

\$28 for 59 and younger.

Supplies not included

Instructor: Peggy Casey can assist with  
supply list and patterns

# Flu Shot Clinic

Heritage Place

October 10

11 a.m until 3 p.m.

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

Topsail Senior Center

October 8

8-11 a.m.

Call 910-270-0708 to make an appointment  
Topsail Senior Center Hwy 17, Hampstead,

Please bring your insurance cards

No insurance: Regular dose \$45 (50 and younger)

FluBlok, \$75(50-64)

High Dose \$75 (65 yr +)

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

Administered by Pender County Health Department

Fall Festival  
October 29, 2019  
Heritage Place  
10:45 am



Join us for  
Refreshments & Games

## Pender Adult Services October 2019

### National Breast Cancer Awareness Month

October 1 & 2 – RSVP Perks meet 9 am (HP & TSC)

October 5 – National Smile Day!!

October 8 – Meet Carolyn Wells at the Farmers Market at PMH – 10 – 1

October 8 – Flu Shots at Topsail Senior Center – 8 - 11

October 9 - PC Retired School Personnel – 11am (HP)

October 9– PC Blind Group – 1 pm (HP)

October 10 – Unresolved String Band 12:30 pm (HP)

October 10 – PCHD offers Flu Shots at Heritage Place

October 15 – Medicare Open Enrollment Starts

October 18 – WEAR PINK DAY for BREAST CANCER AWARENESS

October 22 – Seniors Day at the NC State Fair

October 24- Silent Auction 6pm (no center activities during the day)

October 25 –No senior center activities

October 30 – Fall Festival 10:30 am

### Medicare Open Enrollment is NOW

Make an appointment to see a SHIP counselor

To review your Medicare Part D plan

Appointments available October 15 – December 7

PC Health Department will offer Flu Shots

Oct. 8 (Topsail) and Oct. 10 (Burgaw)

11:00 – 3:00 pm – Please make an appointment at the front

## 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	SHIP (Senior Health Insurance)
Telephone Reassurance	Congregate Meals/Home Delivered Meals
Energy Assistance	Food Distribution
Volunteer Opportunities	Senior Games

# Monday Morning Painting Class

at Heritage Place

901 S Walker Street, Burgaw

Mondays 9:30-11:30 a.m.

6 classes/\$50

Begins October 7

Bring your own supplies

For registration and/or supply list

Contact Maureen McKenna

Simplestrokesart@gmail.com

Or 631-312-6102

# Pender Adult Services Class Schedule

## Heritage Place Opportunities

Phone: 910-259-9119

Monday  
8:00—7:00

9:30 Art Class  
12:00 Meals  
1:00 Bid Whist  
1:00 Canasta  
6:00 Line Dance

Tuesday  
8:00—5:00

9:00 Crocheting  
9:00 RSVP Perks (1st)  
10:30 Group Walk  
11:00 Geri-fit  
12:00 Meals  
12:30 Pinochle/  
1:00 Rummikub  
1:00 Quilting Group  
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

9:30 RSVP Card Class (2nd)  
10:00 Jewelry  
10:30 Group Walk  
11:00 Geri-fit  
11:30 Caregivers Group(4th)  
11:30 Health Checks (4th)  
12:00 Meals  
1:00 Rummikub  
1:00 Mexican train (1st)

Friday  
8:00—3:00

11:00 Bingo  
12:00 Meals

Saturday—closed

Facility Available  
For Rentals

Phone: 910-270-0708

## Topsail Senior Center Opportunities

Monday  
8:30 am—5:00 pm

9:00 Art Class (group)  
10:00 Modified PILATES  
12:00 Meals  
2:00 ZUMBA Gold  
1:00 Tree Top Quilters(2nd)  
3:00 Hospice Trg (2nd)

Tuesday  
8:30 am—5:00 pm

9:00 Baskets /Cribbage  
9:00 Geri-Fit  
10:00 Senior Crafts & fun  
12:00 Meals  
2:00 Gentle YOGA  
3:15 Advanced Tai Chi  
6:00 Line Dancing

Wednesday  
8:30 am—5:00 pm

9:00 Quilting Bee  
9:00 RSVP Perks (1st)  
9:30 Knitting Group  
10:00 Beginning Tai Chi  
12:00 Meals  
1:00 Canasta/Bridge  
2:00 Rummikub

Thursday  
8:30 am—5:00 pm

9:00 Geri-fit/Cribbage  
10:00 YOGA  
10:00 Bingo  
11:15 Tai Chi  
12:00 Meals (BP Checks-3rd)  
1:00 Quilting  
1:00 Bridge/ Mahjong

Friday  
8:30 am—2:30 pm

11:00 Line Dance  
12:00 Meals  
12:00 Line dance 2  
Caregivers Support \*\*  
\*\*Call for info

Saturday –Facility  
Available for rentals

Phone: 910-259-0422

## Fitness Fusion Group Fitness Classes

Monday

Open 5:00—8:00  
5:30 RPM Cycling  
8:30 BODYPUMP  
9:40 YOGA  
10:45 FIT OVER 50

5:30 BODYPUMP

Tuesday

Open 5:00—8:00  
5:30 RPM Cycling  
8:30 Cardio Fit \*new  
9:40 YOGA  
10:45 FIT OVER 50

5:30 BODY ATTACK  
6:30 RPM Cycling

Wednesday

Open 5:00—8:00  
7:00 RPM Cycling  
8:30 BODYPUMP  
9:50 PILATES

Massage by  
Appointment  
5:30 BODYPUMP

Thursday

Open 5:00—8:00  
5:30 RPM Cycling  
9:30 Gentle Yoga  
10:45 FIT OVER 50

5:30 RPM Cycling

Friday

Open 5:00—8:00  
8:30 BODYPUMP  
9:50 PILATES  
5:30 BODY PUMP

Saturday  
Open 8:00—2:30

October

SCHEDULE 2019

Pender Adult Services is  
committed to providing our  
community a safe, stable,  
environment in which indi-  
viduals can maintain their  
independence, good health  
practices, and a healthy  
sense of self-esteem.