



Pass it on...

The Pender-Topsail
POST
& Voice

April
2020



Pender Adult Services and the Coronavirus

By Jennifer Mathews
Pender Adult Services

Pender Adult Services has suspended activities at our senior centers in response to the COVID-19 crisis. We are working to meet nutrition needs for our clients. We will continue to offer take outs on Tuesdays for our current congregate meals clients. These clients are 60 and older and are in the high-risk group.

This program is drive-through only. The senior must call by 10 a.m. on the Monday prior to receive a meal. Call 910-259-9119, press 0 to speak to our receptionist or you may leave a message. Consumer contributions are appreciated. Here are the hot meals for the following days:

•April 7: Lasagna, green beans, fruit, bread, milk, cheese stick.

•April 1: Meatloaf, mashed potatoes, vegetable, fruit, milk.

•April 21: Barbecue chicken, broccoli and rice casserole, fruit, bread, milk.

•April 28: Spaghetti and meatballs, vegetable, fruit, bread, milk.

We will continue to send out meals to Home Delivered Meals clients and Congregate clients that ride PASTRAN weekly on Tuesday between 11 a.m. and 1 p.m. These clients are receiving the hot meal, one cold plate and three shelf meals for the week. We are asking clients to call if this service is not needed or that they may not be home on delivery day.

This procedure will be followed for at least the next 15 days but likely longer.

We will re-evaluate as information is received.

Our offices are open for staff only. We are doing business by phone. Please call us if we can assist you. Many of our staff are working from home but are checking voicemails daily. Thank you for your patience. Stay home and stay safe.

We are thinking creatively about helping with loneliness, isolation and boredom. Continue to exercise at home using Geri-fit instructions. Call a friend or your grandchild. We have been using Face-Time to see family. We are all in this together – yes

the whole world is in this. Learn something new – crochet, knit, sew.

Other suggestions: Find a good book. It can be one you have read before. (I know the library is closed too) Find a puzzle. If you happen to have a puzzle you have already done drop them off at Heritage Place on our porch (there will be a drop box) and share with someone else. Listen to music.

Take this time to think of some craft ideas that you would like to do or games that you might like to play when we are able to open back up. Share these ideas with us.

This is a personal choice for me but I am choosing one time a day to watch the news. I suggest you consider doing the same thing. I know during hurricane season I get so stuck watching the information that it increases my anxiety. This is different but feels in some ways the same. It is springtime – if you don't feel like you can work in the yard, put a chair on the front or back porch and listen to the birds, speak to your neighbors (outside- six feet apart). I have noticed many of my neighbors walking in family groups. This is a safer way to socialize. We will get through this together!

I hope that you are understanding that many stores are offering special hours for seniors to shop to decrease your exposure. Burgaw Food Lion recently called us to make sure we knew that they are doing special hours on Monday and Wednesday from 7-8 a.m. They are planning to have additional cashiers to assist you to get you in and out quickly and back home safely.

Walmart had already announced that they would be open early for senior shoppers. The Burgaw Walmart is open on Tuesdays from 6-7 a.m. for senior shoppers. Dollar General has a senior hour the first hour they are open each day. These special hours are helpful for you to decrease your exposure. If you have a neighbor or younger friend that can shop for you this is the best option.

Stay home & Stay safe!
Follow us on Facebook: Pender Adult Service, Follow us on the web: www.penderpas.com



Joyce Handle, Jessie Ennis, Betty Brown and Merlea Hansley were recognized for 30 years of services with Pender Adult Services by PAS Director Wesley Davis.

Home with time to spare: share yourself

By Barbara Mullins
RSVP Director

Ever think how you can make a difference during these stressful times of the coronavirus? Each and every one of us can make a huge difference in the life of someone else, especially a senior that is home alone. Just a simple check in and I care about you phone call. We all know a neighbor, church family, friend (near or far), older family member that could certainly benefit a friendly call. Please keep these things in mind during your call:

•Keep it cheerful and bright – good days just ahead.

•Respect their time and privacy – limit call to few minutes, unless they are one doing most of talking.

•Do inquire about their well being? Offer reassurance (any emergency call for assistance.)

•Do not talk about your personal or family problems. No one wants to hear caller's troubles.

•Do not monopolize conversation. Give person on call chance to talk.

•Be sure your call has left recipient in a better mood.

Good topics to talk about:

•Spring is here!

•The flowers are blooming and everything starting to look beautiful.

•The birds are out and awesome to watch out your window

•Suggest an old movie on TV to watch.

•Suggest reading a book.

•Encourage writing a note to a friend.
•If they have a tablet or laptop, maybe something uplifting on YouTube.

When our Senior Centers open again I'd love to share some opportunities to volunteer with RSVP. Give me a call (I check messages regularly) and we can discuss what fits you best – 910-259-9119 extension 329.

to avoid larger crowds or crowded spaces are:

•Working from home instead of at the office

•Closing schools or switching to online classes

•Visiting loved ones by electronic devices instead of in person

•Cancelling or postponing conferences and large meetings



Marilyn Benson was recognized at Pender Adult Services for 25 years of service. Pictured with Benson is PAS Director Wesley Davis.

Making a difference

This week we had the opportunity to choose – choose our reactions. Several of our senior quilters chose to help. Our Busy Bee Quilters from Heritage Place are led by a creative lady named Teresa. She is always positive an upbeat

and keeps the ladies in new ideas.

Teresa contacted me last weekend to see if she could make us some sewn masks to use for staff. By Tuesday we had 27 of these colorful creative masks made with cotton diapers and material

and sterilized and bagged.

Before the week was up she had sent masks in many different directions. So proud that she was willing to make a difference by using her talent. Thank you Teresa.

What are the symptoms of Covid-19

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear 2-14 days after exposure (based on the incubation period of MERS-CoV viruses).

•Fever
•Cough
•Shortness of breath
When to Seek Medical Attention

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include:

•Trouble breathing
•Persistent pain or pressure in the chest
•New confusion or inability to arouse
•Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Topsail Center News

By Donna Murphrey
Topsail Center Director

We would like to thank Blue Water Candy, Coastal Paint and Flooring, and The Lumens Group for their donations to Meals on Wheels. We have received \$500 sponsorships from; Woodmen Life Chapter 1483 and the Hampstead Marine Corp League #1321.

We are grateful for the

\$2,500 sponsorship from the Hampstead Women's Club. These funds are so very important to our Meals on Wheels program. Additionally, we would like to thank our local businesses for all of the donations toward our Silent Auction for MOW and Topsail Senior Center. Currently our auction is delayed, we hope to reschedule it in the future.

What is social distancing?

While it may be disappointing to hear that so many sports events, cruises, festivals and other gatherings are being cancelled, there is a public health reason for these measures.

These cancellations help stop or slow down the spread of disease allowing the health care system to more readily care for patients over time.

Cancelling events that are likely to draw crowds is an example of social distancing. Social distancing is deliberately increasing the physical space between people to avoid spreading illness. Staying at least six feet away from other people lessens your chances of catching COVID-19.

Other examples of social distancing that allow you

Tuesday Take Out Hot meal for senior clients

A drive-thru meal will be available 11:30am-12 noon
For current senior clients (60 & up)

The senior must call the Monday prior by 10:00 am
to receive a meal.

Call (910) 259-9119, press 0
and speak to the receptionist or leave a message.

Consumer contributions are appreciated

Call in by 10 am on Mondays

SMP SCAM WATCH

CORONAVIRUS (COVID-19)

Be on the lookout for scams that could arise from the coronavirus (COVID-19) pandemic.

As a reminder:

- Protect your Medicare number and only provide it to your doctor and Medicare providers.
- Be cautious of anyone going door-to-door to offer free coronavirus testing, supplies, or treatments.
- Don't fall for scare tactics or time sensitive offers.

Contact the SMP for questions or to report Medicare fraud, error, or abuse at 877.808.2468 or at smpresource.org

Memorial and Honorary Giving Program
 Contributions have been received recently from
Willarlea Ruritan Club
 Thank you for your contributions
 We appreciate the assistance from
•MISSION BAPTIST CHURCH
•RSVP volunteers
•PASTRAN drivers
•PAS Certified Nursing Assistants Staff
In continuing to serve our home-bound clients
 Have you considered a gift to Pender Adult Services, Inc.? We appreciate your support for services that we offer!! Your donations to PAS are tax deductible. An acknowledgement will be sent whether donation is in Honor or in Memory of individual or group.
 For more information on Pender Adult Services Memorial and Honorary Giving Program please contact Wesley Davis at 910-259-9119.

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Fitness Fusion closed

Fitness Fusion is closed because of the Governor's Executive order. Below is a link to several different types of workouts you can do to remain in good physical condition even though the gym is closed.

Some work outs require only a weighted plate or

band. And you can always go for a walk or jog.

Stay safe and healthy!
<https://watch.lesmillsondemand.com/at-home-workouts>

Find us on Facebook: Fitness Fusion

Find us on the web: fitnessfusiononline.com

COVID-19 Consumer Tip Sheet

Tips for Protecting Yourself and Medicare

Scams related to the coronavirus, also known as COVID-19, are rapidly increasing as the public health emergency develops. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19.

Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers.

What Can You Do to Stop COVID-19 Fraud?

- Do not give out your Medicare number to anyone other than your doctor or other health care provider.
- Protect your Medicare number and treat your Medicare card like a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Be cautious of anyone who comes to your door offering free coronavirus testing, treatment, or supplies.
- Don't click on links from sources you don't know, which could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
- Ignore online offers for vaccinations. If you see ads touting prevention products or cures for COVID-19, they are most likely a scam.
- Do your homework before making a donation to a charity or crowdfunding site due to a public health emergency. Be particularly wary of any charities requesting donations by cash, by gift card, or wire transfer.
- Be alert to "investment opportunities." The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or services of publicly traded companies can prevent, detect, or cure COVID-19 and that the stock of these companies will dramatically increase in value as a result.

SMP Consumer Fraud Alert: COVID-19

Fraud Surrounding COVID-19 is Increasing

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults are at greater risk for serious illness from COVID-19, they may target older populations.

There is currently no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no "cure." However, scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered.

It's also important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.
- Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, or treatments.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.
- Contact your local SMP for help. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations. To locate your local Senior Medicare Patrol, call 1-877-808-2468 or visit www.smpresource.org.

Savior, keep me safe today.
 Calm my fears that I can stay
 In a place that let's me be
 Aware of others more than me!
 Give my heart the love to care
 About my neighbors and to share
 All that I have or ever will.
 Then grant me peace to be still!

Untitled
Suzette Thompson Dudley
 Mar. 23, 2020

WE ARE CLOSED TO THE PUBLIC



**We are doing business
 (services) by phone**

259-9119 ext 0 front desk—Reserve Meal

259-9119 ext 1 Transportation

259-9119 Ext 303 Jennifer

259-9119 Ext 309 Jane

259-9119 Ext 329 Barbara

SPRING IS HERE

P	H	A	P	P	I	N	E	S	S	C	P	U	R	S	U	I	T
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N	L	K	D	G	A	W	A	T	E	R	O	E	C	I	S	X	K
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C	H	I	R	G	R	A	D	E	E	U	E	H	O	L	A	E	E
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L	O	V	E	W	H	E	R	E	Y	O	U	L	I	V	E	A	T

HAPPINESS
 HEALTHY LIVING
 SPRING IS HERE
 PENDER ADULT
 SERVICE
 LOVE ONE ANOTHER
 PLANT
 WATER
 GROW
 WATER
 HOME IS MY REFUGE
 WE MISS YOU
 LOVE WHERE YOU LIVE
 GARDEN GROW
 EXERCISE
 REACHOUT
 VIRTUAL HUGS
 LOVE
 CARE
 RESPOND
 CAREFUL
 OUTSIDE
 SUN
 WALK

LAUGHTER (is the best) MEDICINE!
 AZALEA
 DAFFODIL
 TULIP
 BIRDS
 BLESSING
 COUNT
 AGING WELL
 DIRT
 THERAPY
 TUESDAY DELIVERY
 SOCIAL
 DISTANCE
 SIX FEET
 TIME TO READ
 TALK
 BY PHONE
 KNIT
 CROCHET
 PUZZLE
 READ
 PHONE
 ALL
 WORLD