



Pass it on...

POST
by Faye Russell

August
 2017



Pender Adult Services offers the Walk With Ease program

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your

ability to be physically active

•Improve overall health
 The Walk with Ease program is offered as a self-guided course or in a community setting. Choose the format that best suits you.

In-Person community format offered at Heritage Place

Get support in a group setting as you follow the six-week Walk With Ease program. Classes will be taught at Pender Adult Services this fall. Call Jennifer Mathews at 910-259-9119 Xextension 303 for more information.

August is National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.

Shingles is a painful rash that usually develops on one side of the body, often the face or torso. The rash forms blisters that typically scab over in 7 to 10 days and clears up within 2 to 4 weeks. For some people the pain can last for months or even years after the rash goes away. This long-lasting pain is called post-herpetic neuralgia (PHN), and it is the most common complication of shingles. Your risk of shingles and PHN increases as you get older.

Shingles vaccine has been used since 2006. Zostavax® is the only shingles vaccine currently approved for use in the United States. This vaccine reduces the risk of developing shingles by 51% and PHN by 67%. It is given in one dose as a shot, and can be given in a doctor's office or pharmacy.

People 60 years of age or older should get shingles vaccine. They should get the vaccine whether or not they recall having had chickenpox, which is caused by the same virus as shingles. Studies show that more than 99% of Americans

aged 40 and older have had chickenpox, even if they don't remember getting the disease. There is no maximum age for getting shingles vaccine.

Even if you have had shingles, you can still receive shingles vaccine to help prevent future occurrences of the disease. There is no specific length of time you must wait after having shingles before receiving shingles vaccine, but generally you should make sure the shingles rash has disappeared before getting vaccinated. The decision on when to get vaccinated should be made with your healthcare provider.

Shingles vaccine is approved by the Food and Drug Administration for people aged 50 years and older. However, CDC does not have a recommendation for routine use of shingles vaccine in people 50 through 59 years old.

Protection from shingles vaccine lasts about five years, so adults vaccinated before they are 60 years old might not be protected later in life when the risk for shingles and its complications are greatest. Adults 50 through 59 years who have questions about shingles vaccine should discuss the risks and benefits with a healthcare provider.

Talk with your healthcare provider if you have questions about shingles vaccine. Shingles vaccine is available in doctor's offices and pharmacies. To find doctor's offices or pharmacies near you that offer the vaccine, visit Zostavax or HealthMap Vaccine Finder.



RSVP volunteers enjoyed the Raptor Presentation at Heritage Place

RSVP Update Cape Fear Raptor Center visits RSVP program

By Barbara Mullins
 RSVP Director

Retired Senior Volunteer Program (RSVP) meets monthly for RSVP Perks. These meetings always include a guest speaker and this month Cape Fear Raptor Center volunteers were part of our meeting. They brought along very special guests - a red tailed hawk, a barn owl,

and two screech owls.

Their presentation, in both Burgaw and Hampstead, was enlightening and our RSVP volunteers are still talking about how enjoyable both mornings were.

The Cape Fear Raptor Center has an amazing education program and we are thankful for what they do in our community to rehabilitate these birds of prey.

Dr Jodi Gynp operates the Center on Hwy 117 in Rocky Point and offers tours by reservation (910-687-6888). Thank you to Faye Russell and her assistant for the engaging presentations earlier this month.

RSVP has many interesting presentations throughout the year and our goal is always to provide our volunteers with new learning experiences, as well as thank them for their

devoted service to RSVP.

Our RSVP meetings are open to the community and we invite you to join us and hear the opportunities our program has for you. Our next meeting is Aug. 1 (Heritage Place in Burgaw) and Aug. 2 (Topsail Senior Center). Both meetings are from 9-10:30 a.m.

For more info please call: Barbara Mullins 910-259-9119 (ext 329).

Open enrollment begins Oct. 15

Medicare workshop in Burgaw Aug. 15

A Medicare Education Workshop will be held Aug. 15 from 5:30-7 p.m. at Pender Adult Services, 901 S. Walker Street, Burgaw.

Kay Warner and Jennifer Mathews with the SHIP program of Pender County will be presenting the workshop.

The class is free, but registration is required by calling the reception desk at 259-9119 ext. 0.

Open Enrollment for Prescriptions Drug Plans (Medicare Part D) is Oct. 15 through Dec. 7. The Medicare Part D prescription drug plans are

provided by private insurance companies that have contracted with and have plans approved by Medicare. Plans will vary from year to year.

We can assist you in finding a Medicare Part D prescription drug plan. Appointments will be available with a Pender County SHIP counseling in Burgaw and Hampstead.

A word about extra help
 Medicare beneficiaries may be eligible for the federal Extra Help low income subsidy program if he/she has limited

income and resources.

The Extra Help program can increase cost savings by paying for all or part of the monthly premiums, annual deductibles and provide lower prescription co-payments under a Medicare prescription drug plan.

To qualify for Extra Help the monthly income must be less than \$1,508 for an individual (\$2,030 for a married couple living together). Your

resources/assets must not be more than \$13,820 for an individual (\$27,600 for a married couple living together). The assets/resources do not include a primary residence or a vehicle.

If you believe someone you know may qualify for the Extra Help program, please encourage them to apply. A SHIP counselor may assist them with completing the on-line application



Get out of the heat and come enjoy bridge, canasta, bidwhist, rummique, mahjong or cribbage. Let us know if you are interested in chess, hand and foot or Texas hold 'em.

Fit over Fifty at Fitness Fusion!
 Join us for this fun low impact class. This workout provides a great way to stay in shape as well as improve cardiovascular fitness, body balance and muscle toning.
 Call 910-259-0422

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 Roz at 259-9119 ext. 2

INFORMATION PLEASE - WE ARE HERE TO HELP

Please call the center 259-9119 X 309 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

Topsail Senior Center news

By Donna Murphrey

The Take Control Nutrition Program for Adults will be offered at Topsail Senior Center weekly on Tuesdays, beginning Aug. 8 through Sept. 12 from 10-11 a.m.

This program is a part of the Eat Smart Move More program offered through N.C.

State University cooperative extension. The program includes six engaging and interactive one hour sessions covering information to help you control sodium, fat and added sugar.

To sign up contact the Topsail Senior Center at 270-0708.

Are you interested in a dance at Topsail? We are plan-

ning one for September but would like your input. Please let us know which evening works for you and what your favorite style of music is. We are planning to have a DJ and light refreshments.

If you have any suggestions for events or educational seminars, please let us know.

Eat Smart Move More Take Control

Nutrition Program for Adults

Program Benefits

- Sample healthy foods
- A cookbook, water bottle, and spice jar for you to keep
- Information to help you control sodium, fat, and added sugar
- 6 engaging and interactive sessions

Take control NOW to prevent or manage chronic disease!

Come learn lifelong habits to help you eat healthy and be physically active!

Start Date (Days): Weekly on Tuesdays beginning August 8th until September 12th

Time: 10:00 am - 11:00 am

Location: Dining room of Topsail Senior Center

20959 Hwy 17 N Hampstead, NC 28443

For more information or to sign up, contact:

Donna Murphrey at (910) 270-0708 or sign up in person at the reception desk

PROVIDING GRIEF SUPPORT AND EDUCATION



Pender County Grief Groups - Summer/Fall 2017

Coping with the death of a loved one can be difficult. We are here to help. Our compassionate care includes a variety of groups, camps and workshops, right here in your community. These no cost programs are available to all thanks to our generous donors. Your donation is always appreciated.

Coping with the death of a spouse/partner

Thursdays, Aug. 3-Aug. 31, 1:00-3:00 pm

Heritage Place, Pender Adult Services
901 S. Walker St., Burgaw

Coping with the death of a parent

Thursdays, Oct. 12-Nov. 16, 3:00-5:00 pm

Lower Cape Fear Hospice Pender office
209A US Hwy 117 S., Burgaw, NC 28425

Hope for the Holidays: A Workshop Designed to Develop Coping Skills During the Holiday Season

Friday, Nov. 10, 3:00-5:00 pm

Lower Cape Fear Hospice Pender office
209A US Hwy 117 S., Burgaw, NC 28425

Friday, Dec. 8, 3:00-5:00 pm

Lower Cape Fear Hospice Pender office
209A US Hwy 117 S., Burgaw, NC 28425

Register and learn more, call 910-796-7991.

When leaving a message, please leave your name, phone number and indicate the specific program you wish to attend. Additional groups form throughout the year. Pre-registration is required.

Pender Adult Services

August 2017

Aug. 1 – RSVP Perks 9 a.m. (HP)

Aug. 2 – RSVP Perks 9 a.m. (TSC)

Aug. 3 – Grief Group – Loss of spouse 1-3 p.m. (HP-each Thurs)

Aug. 9 – Blind Group, contact Patricia Miller 259-1464, 1 p.m.(HP)

Aug. 14 – Bowling at Ten Pin Alley –sign up at front desk

Aug. 15 – New to Medicare Seminar – 5:30 p.m. (HP)

Aug. 17 - Health Checks (TSC) 11:30 a.m. until 1 p.m.

Aug. 22 – RSVP Volunteer cookout at Topsail

Aug. 24 - Health Checks (HP) 11:30 a.m. until 1 p.m.

For more information – call 910-259-9119

www.penderpas.com

SAVE THE DATE:

NC STATE FAIR TRIP – OCTOBER 17

Memorial and Honorary Giving Program

Contributions

Wardell & Ruby McDuffie

Westview United Methodist Church

Willarlea Ruritan

Thank you for your contributions

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. Consider an end of year donation to our agency. An acknowledgement will be sent whether donation is an 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.

In-County Transportation Available

PAS-TRAN is accepting new in-county riders
Call 910-259-9119 Press 1 TDD/TTY 1-800-735-2962
Monday thru Friday

Shopping, education, employment, entertainment, medical facilities, other places of interest.

Certain restrictions apply for trips and Medical appointments. Services may be interrupted if funding is not available.

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 (fall)	9:00 Crocheting	9:00 Basket Class (fall)	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 (offsite at times)	12:30 Pinochle	1:00 Bridge	1:00 Rummikub	Saturday—closed
6:00 Line Dance	1:00 Quilting Group	1:00 Blind Support (2nd)	1:00 Game time (you choose)	Facility Available For Rentals
	1:00 Jewelry(with interest)		3:00 Craft Club	
	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 Class (group)	9:00 Baskets	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 AARP Tax Aide	12:00 Meals	12:00 Meals	11:15 Beg. Tai Chi	Caregivers Support **
1:00 Tree Top Quilters(2nd)	2:00 Gentle YOGA	1:00 Canasta	12:00 Meals (BP Checks-3rd)	**Call for info
3:00 Hospice Trg (2nd)	3:15 Advanced Tai Chi		1:00 Quilting Class	Saturday –Facility Available for rentals
			1:00 Mahjong & Bridge	

Aug 2017

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	8:30 BODYPUMP
8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	9:40 YOGA	9:50 PILATES
9:40 YOGA	9:40 YOGA	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
10:45 FIT OVER 50	10:45 FIT OVER 50			Saturday Open 8:00—2:30
4:30 RPM Cycling	5:30 BODY ATTACK	5:30 BODY PUMP	5:30 RPM Cycling	8:30 RPM Cycling
5:30 BODYPUMP	5:30 RPM Cycling	Massage by Appointment	6:30 RPM Cycling	8:30 Body Attack
	6:30 ZUMBA		6:30 DANCE 2 FIT	9:30 DANCE 2 FIT