



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

December
2016



PENDER ADULT SERVICES, INC.



The Veterans Day celebration at the Burgaw Depot on Nov. 11 drew a number of veterans and participants.

Tips for healthy eating during the holidays

There are many things to look forward to as we approach another holiday season: time with loved ones, exchanging gifts, magical decorations and lights and of course, food – and lots of it! Rarely is the food we eat during the holidays considered healthy. In fact, some studies suggest the average person gains 5-8 pounds during the holiday season.

As we get older, the potential health hazards go beyond the added weight. Many of the holiday dishes contain a lot of salt, fat and sugar which can increase blood pressure, cholesterol

and inflammation. Also, alcohol can interfere with many prescription medications.

At the risk of being the Grinch who stole Christmas, it is possible to enjoy the holidays and minimize the health risks.

The secret is balance and mindfulness. Follow these tips and give yourself the gift of health and vitality this year:

- Get your flu shot and wash your hands a lot. More time around people means more exposure to germs.

- Don't forget to drink plenty of water. You are

more tempted to indulge in unhealthy food when you are dehydrated.

- Choose your treats wisely and take just a few bites.

- Limit alcohol. Be mindful of sugary drinks. Egg Nog can be high in fat and sugar!

- Plan to take a walk after large meals. It's another way to enjoy your family and it's also good for the children and the dog!

- Plan to avoid heavy meals late at night. This will help with the walk and decrease the chances of falling asleep after eating.

- Make your regular sleep schedule a priority.

- Avoid mindless eating. It's easy to get distracted and eat because it's there. Slow down and pay attention. Don't deprive yourself but don't overeat. Control your portions and enjoy each bite.

- Don't neglect your regular exercise schedule. Holidays can be stressful!

- Most importantly, relax and enjoy the holidays. These tips will help you feel good throughout the season. Don't let the Grinch of overindulging steal your Christmas this year.

Merry Christmas and good health to you from Pender Adult Services.

RSVP participates in Veterans Day

By Barbara Mullins
RSVP Director

Veterans Day was celebrated at the Burgaw Train Depot with Retired Senior Volunteer Program (RSVP), Daughters American Revolution (DAR), American Legion and Lower Cape Fear Hospice bonding together to recognize our Veterans.

More than 250 people filled the station platform and the sun shone brightly, the wind gently blew the flags of the armed forces, and there was pride throughout. Pender County musicians and the Boy Scouts also took part.

RSVP volunteers greeted all guests and each was given an American flag. RSVP and Hospice volunteers presented each Veteran with red, white and blue lanyards with American flag tie-tacks and a thank you poem.

Callie Hagans, Army Veteran and RSVP volunteer, proudly laid the RSVP wreath remembering those lost while serving their country. Each RSVP Veteran also was presented a special pin, "Serving Twice." Thank you for serving your country and now serving again by volunteering with RSVP.

Holiday travel tips for wheelchair users

The stress of holiday travel can impact anyone, but add in the need to find wheelchair-accessible transportation, hotel rooms or restaurants, and that stress is amplified considerably.

The experts at Mobility Ventures, maker of the MV-1 -- the only mobility vehicle built with wheelchair users in mind -- are offering tips and an interactive map that highlights cities with MV-1 vehicles in their taxi and rental car fleets, to make accessible travel easier for wheelchair users and their friends and families this holiday season.

"Mobility and accessibility can improve the quality of life, independence and mobility of all wheelchair users," says Pat Kemp, executive vice president, Mobility Ventures. "Tips and resources can help lessen travel stress for people who use wheelchairs and their loved ones."

Air

- Be sure to allow at least 90 minutes between flights to allow time to deplane -- wheelchair users are always the first to board and the last to deplane.

- Protect mobility devices from damage while in flight with a cover (e.g., sleeves for wheelchair frames).

- If you use a removable wheelchair cushion, bring it with you on board the airplane to be sure it is not lost or damaged.

- If you need special assistance, inform the airline gate agent upon check-in.

Train

- Accessible space and

seats are available on coach, business class and first class train cars. On Amtrak for example, there are two different onboard seating options for passengers traveling with wheeled mobility devices, depending on the type of device.

- Amtrak also has "accessible rooms" passengers with disabilities. These rooms are available on a first-come, first-serve basis and should be booked 14 days in advance.

- If you require a companion or an attendant while traveling, check for companion fare or discounted tickets.

- Passengers who use oxygen equipment can bring the equipment onboard trains with certain restrictions.

Hotels

- Look for a "guaranteed ADA" room when booking.

- Check the room for any barriers at check-in. A room can be ADA compliant but that does not mean that there will not be any mobility barriers.

- If you have difficulty pushing a manual chair, request a room near the elevators or on the first floor.

Ground transportation

- Search for taxi or rental companies with wheelchair accessible vehicles. Visit mv-1.us/mv-1s-for-hire for an interactive map that highlights cities with MV-1 vehicles in their taxi and rental car fleets.

Don't let mobility or accessibility concerns inhibit holiday cheer. With some preparation, travel can be comfortable and stress-free. (StatePoint)



Topsail Senior Center will be hosting a Presentation by Bodies Balance Dec. 6. at 10 a.m. They will be talking about balance and fall prevention. Presentation will last about 45 minutes with a questions at the end. Thanks to the CFCC occupational therapy students, Jennifer and Mary, who volunteered this fall at Topsail Senior Center. They spent their Tuesday mornings here doing crafts and fellowship. Above are Topsail's CFCC student interns with seniors



The annual Silent Auction fundraiser gayla at Heritage Place in Burgaw was a great success.

Questions about
Medicare?
We Can Help!!



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...we are hiring!!
Call today to start your new career!
Ask for Anna at 259-9119 x 318

Geri-Fit

A Strength Training Workout
For Older Adults
A Strength Training Workout
For Older Adults

Helps Improve

- Muscular Strength
- Balance and coordination
- Motor skills and reaction time
- Flexibility and gait
- Arthritic conditions
- Bone density

Geri-fit is a 45-minute strength training exercise class for older adults.No aerobics, choreography or dancing, and best of all, there’s no floor work! Most of the exercise are performed seated in chairs. Requires just a set of 2-pound dumbbells, a stretch band and water to drink during the workout.

Open to men and women of all senior ages and fitness levels; work out at your own pace. Classes are taught by a certified instructor. Eight, 45-minute classes in each term.

WHERE: Topsail Senior Center

WHEN: Tues/Thurs 9:00 am

WHERE: Topsail Senior Center

WHEN: Tues/Thurs 9:00 am

WHERE: Heritage Place

WHEN: Tues/Thurs

11 a.m.

Consumer contributions are appreciated

PAS-TRAN will be closed Dec. 8 at 1:30 p.m., all day Dec. 23, Monday Dec. 26, Dec. 27, and Jan. 2, Jan. 16. Please call 910-259-9119 and press 1 to make or adjust your travel plans with us.

Holiday closings

- Heritage Place and PAS offices closed Dec. 23-27, 2016.
 - Topsail Senior Center closed Dec. 19-Jan. 2.
- No Senior Center Activities or meals Dec. 19-Jan. 2.

We would like to wish you a Merry Christmas

**Medicare Open enrollment ends
Dec. 7. Call 259-9119 ext 0 to
schedule an appointment
on the western side
of the county and 270-0708 to
schedule an appointment
on the eastern side of the county.**

**The Alzheimer's Caregiver and
other Dementia Support Group
Christmas party will be
Dec. 8 at 11:30 a.m. at Pender
Adult Services. Everyone is
asked to bring a covered dish
for the luncheon.**

*Merry Christmas and
Happy New Year from
Pender Adult Services*

Pender Adult Services Class Schedule Heritage Place Opportunities

Phone: 910-259-9119

Monday
8:00—7:00

9:00 Oil Painting
12:00 Meals
1:00 Bid Whist
1:00 Canasta
3:00 Lamplighters Chorus
6:00 Line Dance

Tuesday
8:00—5:00

9:00 Crocheting
9:00 RSVP Perks (1st)
11:00 Geri-fit
12:00 Meals
12:30 Pinochle
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

11:00 Geri-fit
11:30 Caregivers Support (4th)
11:30 Health Checks (4th)
12:00 Meals
1:00 Rummyque
3:00 Quilting/Sewing Club

Friday
8:00—3:00

11:00 Bingo
12:00 Meals

Saturday—closed
Facility Available
For Rentals

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday
8:30 am—5:00 pm

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

Tuesday
8:30 am—5:00 pm

9:00 Baskets
9:00 Geri-Fit
10:00 Senior Crafts & fun
12:00 Meals
2:00 Gentle YOGA
3:15 Tai Chi

Wednesday
8:30 am—5:00 pm

9:00 Quilting Bee
9:00 RSVP Perks (1st)
10:00 Knitting Group
12:00 Meals
1:00 Canasta

Thursday
8:30 am—5:00 pm

9:00 Geri-fit
10:00 YOGA & Cribbage
10:00 Bingo
12:00 Meals
1:00 Quilting Class
1:00 Mahjong

Friday
8:30 am—2:30 pm

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

Saturday –closed
Facility Available

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

2016

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

5:30 RPM Cycling
8:30 BODYPUMP
9:40 YOGA
10:45 FIT OVER 50
4:30 Health Checks (1st)
4:30 RPM Cycling
5:30 BODYPUMP
6:40 ZUMBA

Tuesday
Open 5:00—9:00

5:30 RPM Cycling
8:30 CARDIO BLAST
9:40 YOGA
10:45 FIT OVER 50
5:30 BODY ATTACK
5:30 RPM Cycling
6:30 ZUMBA

Wednesday
Open 5:00—9:00

7:00 RPM Cycling
8:30 BODYPUMP
9:30 Health Checks (1st)
9:50 PILATES
12:15 RPM Express
5:30 BODY PUMP

Thursday
Open 5:00—9:00

5:30 RPM Cycling
8:30 ZUMBA
9:40 YOGA
10:45 FIT OVER 50
5:30 TURBO KICK
5:30 RPM Cycling

Friday
Open 5:00—9:00

5:30 RPM Cycling
8:30 BODYPUMP
9:50 PILATES
5:30 BODY PUMP

Saturday
Open 8:00—2:30
8:30 RPM Cycling