

PASS IT ON

*Helpful information to
enhance senior living provided
by Pender Adult Services*

February
2010



The Pender
POST

AARP tax aide to offer free tax preparation and filing

The new American Recovery and Reinvestment Act of 2009, along with several other changes to our tax law in 2009, will have an impact on most tax returns this year.

Local Tax-Aide volunteer counselors can help taxpayers understand the new credits and deductions for which they may be eligible.

Tax-Aide counselors will be available the first two Thursdays in March at Heritage Place to assist taxpayers with tax related questions as well as preparation of their complete federal and state tax returns. Interested parties are requested to call the Senior Center at 259-9119 to make an appointment.

Counselors will also be available at the Hampstead Library on Mondays from 9 a.m. to 5 p.m. and Wednes-

days from 1 to 5 p.m. beginning Feb. 1. Call 270-4603 for more information.

Tax-Aide counselors are trained and certified by the IRS. Returns they prepare will be e-filed with the IRS the same day they are completed. Those expecting refunds will receive them in 10 days.

Tax-Aide is a charitable non-profit program administered by the AARP Foundation. It is a free nationwide confidential service. Tax returns are prepared by volunteers who are trained and certified in the preparation of tax returns, and who are committed to delivering a high quality service to local citizens who use this service. As stated above, this service is provided at no cost to the taxpayer.

Taxpayers are be asked

to bring all information and forms related to their income and the filing of their income tax returns, as well as government issued photo ID for the taxpayer and social security cards for taxpayers and dependents. This documentation includes, but is not limited to, a copy of last year's return, if available; W-2's; 1099's; mortgage interest statement; information relating to real estate taxes paid on their residence, and taxes paid on a new vehicle purchased after Feb. 16, 2009, even if the taxpayer does not plan to itemize deductions, as these taxes can now be added to the standard deduction. In addition, in the event of a foreclosure in 2009, the taxpayer should bring all documents received from the lender, including the 1099-A and 1099-C.



Heritage Place will hold an art exhibit of woodcarving work from Feb. 3 through 17 in the dining room.

DEES^{Rx}
Drug Store
Proudly Serving Pender County
~ Since 1916 ~

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9-1 Saturday

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This store gladly accepts PCS, PAID, TDI,
Medicaid, Medicare, Blue Cross/Blue Shield,
State Teachers Plan and
most other third party prescription plans.

VISIT OUR
SODA FOUNTAIN!

Jimmy Wilson, Pharm. D.
Kim Basden, Pharm. D. Randy Spainhour, RPh.



*Pender Adult Services Annual Event
with Heide Trask High School Key Club Students*

Valentine's Social & Dance



February 18, 2010

6:00—8:30 pm

Heritage Place, 901 S Walker St Burgaw

Cost: \$3 per person (in advance)

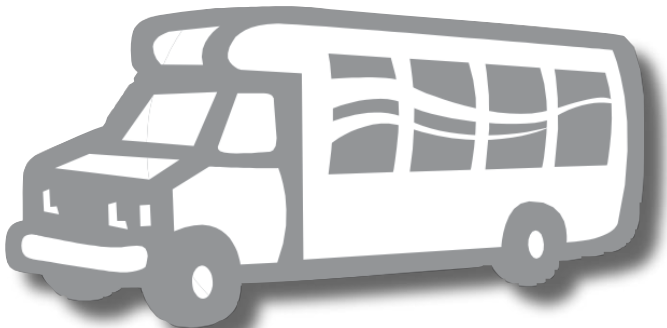
\$5 at the door

Call 259-9119 for more information



Everyone enjoys socializing at dancing at the Annual Valentine's Social & Dance.

Pender Adult Services provides General Public Transportation to anyone who lives anywhere in Pender County.



WEAR RED DAY

FEBRUARY 5, 2010

To raise awareness among local women that heart disease is their #1 health threat

If you need transportation services please call 259-9119 to make a reservation. The one way fare is for services within the county is \$3. We also offer connecting service with WAVE Transit to Wilmington.

February is Healthy Heart Month

Tips to help prevent heart disease

Live a Healthy Lifestyle

- *Eat a healthy diet.* Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fat and cholesterol and high in fiber can help prevent high blood cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure.
- *Maintain a healthy weight.* Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index

(BMI). Doctors sometimes also use waist and hip measurements to measure a person's excess body fat.

- *Exercise regularly.* Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.
- *Don't smoke.* Cigarette smoking greatly increases your risk for heart disease. So, if you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

- *Limit alcohol use.* Avoid drinking too much alcohol, which causes high blood pressure.

Prevent or Treat Your Medical Conditions

- If you have high cholesterol, high blood pressure, or diabetes, there are steps you can take to lower your risk for heart disease.
- *Have your cholesterol checked.* Your health care provider should test your cholesterol levels at least once every five years. Talk with your doctor about this simple blood test.
- *Monitor your blood pressure.* High blood pressure has no symptoms, so be sure to have it checked on a regular basis.

- *Manage your diabetes.* If you have diabetes, closely monitor your blood sugar levels. Talk with your health care provider about treatment options.
- *Take your medicine.* If you're taking medication to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.
- *Talk with your health care provider.* You and your doctor can work together to prevent or treat the medical conditions that lead to heart disease. Discuss your treatment plan regularly and bring a list of questions to your appointments.



Support Groups Meeting at Heritage Place

Diabetes Support & Education Meeting

How to have chocolate and maintain my sugar...

February 23, 2010
11:00 am
(Meets 4th Tuesday of each month)
Contact Maureen Drake at 604-1483 for more information

Blind Support Group Meeting


February 9, 2010
1:00 pm
(Meets 2nd Tuesday of each month)
Contact Patricia Miller at 259-1464 for more information

Alzheimer's Support Group Meeting

February 25, 2010
11:30 am
(Meets 4th Thursday of each month)
Contact Connie Bell at 259-9119 for more information.







How do I get my digital pictures on my computer?

One time class

Wednesday, February 10, 2010
1:00—3:00
Heritage Place
Call Jennifer Mathews at 259-9119 to sign up for class

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● HEALTHY AMERICA ●

● Health Checks at Fitness Fusion ●

● February 3, 2010 ●

● 9:30 – 11:00 ●

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Lamplighters Senior Chorus sings weekly at area rest homes and churches. The group sings southern gospel and hymns. "We really enjoy singing at the rest homes and get more out of it than the residents," said Pat McKoy, one of the singers. The group is seeking new members. They meet each Monday afternoon



Tax assistance

AARP Tax Aide will be in Pender County assisting with Taxes again this year. On Thursday March 4th and 11th they will be at Heritage Place by appt. Please call 910 259-9119 to schedule an appointment. There will also be volunteers at the PC Library in Hampstead on Mondays and Wednesday from February 1 – April 15

Relay for Extra Help Fair *Information on* **Medicare, Medicaid, Social Security, Fraud, Special Programs**

Wednesday – February 24, 2010

10:30 – 1pm

Pender Adult Services

901 S. Walker Street

Burgaw, NC

Lunch and refreshments will be
provided

- Information on ways to potentially save on your Medicare Drug costs
- On site applications for extra help with drug costs
- See if eligible for a Medicare Savings Program
- Learn about North Carolina's Senior Medicare Patrol Program
- Check Meds program – Drug compatibility
- Order replacement Medicare cards
- Blood Pressure Checks

The event is free.
Please call
259-9119 to register

Pender Adult Services, Inc

Heritage Place
901 South Walker Street
Burgaw, NC 28425
(910) 259-9119

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.

Topsail Senior Center
20959 Highway 17
Hampstead, NC 28443
(910) 270-0708

Heritage Place Opportunities

Monday	Tuesday	Wednesday	Thursday	Friday
6:00 FITNESS FUSION 8:30 BODYPUMP 9:00 Oil Painting 9:40 YOGA 10:00 Crafts 10:45 FIT OVER 50 1:00 Bowling (2 & 4) 1:00 Bid Whist Group 3:00 Senior Chorus 5:00 Basket Class 5:30 BODYPUMP 6:00 Line Dance (Mar) 6:40 YOGA	6:00 FITNESS FUSION 8:30 CARDIO BLAST 9:00 Crocheting 9:40 YOGA 10:45 FIT OVER 50 11:00 Sit & Be Fit 12:15 WAIST DOWN 12:30 Pinochle 1:00 Quilting 1:00 Jewelry 1:00 Knitting Group 5:30 ZUMBA 5:30 Weight Watchers 6:40 ZUMBA	6:00 FITNESS FUSION 8:30 BODYPUMP 9:00 Basket Class (Feb 24) 9:40 PILATES 11:00 Bingo 1:00 Bridge 1:15 Woodcarving 5:30-6:30 BODY PUMB 6:40 YOGA	6:00 FITNESS FUSION 7:00 Burgaw Rotary 8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 11:00 Sit & Be Fit 1:00 Mexican Train 3:00 Quilting/Sewing Club 5:30 KARDIO KICKBOX	6:00 FITNESS FUSION 8:30 BODYPUMP 9:40 PILATES 11:00 Bingo 5:30 BODY PUMP Saturday FITNESS FUSION 8:00 OPEN 10:00 BODY PUMP
				<u>FITNESS FUSION CLASSES ALL CAPS</u> <u>259-0422</u>

Topsail Senior Center Opportunities

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am—5:00 pm 10:00 Modified Pilates 10:00 Beading 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 1:30 Bowl@Ten Pin (2nd & 4)	8:30 am—5:00 pm 9:00 Basket Class(Feb23) 10:30 Bingo 12:00 Meals 2:00 Gentle Yoga 3:00 Line Dancing(Mar) 3:00 One Stroke Painting	8:30 am—5:00 pm 9:00 Quilting Class 10:00 Knitting Group 10:00 Crocheting Group 10:00 Jewelry Making 12:00 Meals 12:30 Hand & Foot Game	8:30 am—5:00 pm 10:00 Vinyasa Yoga 10:30 Bingo 12:00 Meals 1:00 Quilting 1:30 Card Playing 1:30 Mahjong	9:00 am—2:00 pm 10:00 Badgammon 10:00 Quilting/Sewing 12:00 Meals 1:00 Vitality in Action Saturday –closed Facility Available For Rentals



Pender Senior Games

April 19- 30, 2010

Senior Games and Silver Arts

Call 259-9119 for more information

Fitness Fusion Offers

ZUMBA

Latin—upbeat—cardio=FUN

Tuesday evenings (5:30 & 6:40)

Thursday mornings (8:30)

Pender Adult Services, Inc Menu February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork Roast/Gravy Black-eyed Peas Breaded Okra Pineapple Dinner Roll	2 Baked Beef Macaroni Cass Tossed Salad Applesauce Italian Bread Cake Square	3 Chicken Tenders Yams Squash WW Bread Brownie Blend Juice	4 Hamburger on Bun Potato Salad Lett/Tom/Onion Fresh Fruit-Orange Oatmeal Cookies	5 BBQ Pork Baked Beans Coleslaw Cornbread Peaches
8 Baked Ham Macaroni and Cheese Brussel Sprouts Peaches WW Bread	9 Meatloaf Mashed Potatoes Breaded Squash Dinner Roll Cake Square Blend Juice	10 Lasagna Tossed Salad Italian Bread Pears Chocolate Chip Cookies	11 Grilled Sausage Potato Salad Field Peas-n-snaps Dinner Roll Fruit Cocktail	12 Stewed Chicken in Gravy Over Rice Broccoli WW Bread Fresh Fruit- Apple
15 Closed- Presidents Day	16 Beef Stew/Gravy Rice Green Beans WW Bread Chocolate Pudding	17 Baked Beef Macaroni Cass Tossed Salad Applesauce Italian Bread	18 Stewed Chicken w/ Rice Green Peas WW Bread Fresh Fruit-Banana Oatmeal Cookies	19 Spaghetti & Meat Sauce Tossed Salad Italian Bread Pears Chocolate Chip
22 Fried fish Coleslaw Baked Beans Pineapple Tidbits Cornbread	23 Sloppy Joe on Bun Potato Salad Turnip Greens Fresh Fruit-Tangerine Oatmeal Cookies	24 Chicken Tenders Garden Rice Green Beans Stewed Apples Dinner Roll	25 Pork Chop Corn Casserole Black Eyed Peas Peaches WW Bread	26 Beef Stew w/Vegetables Broccoli Fruit Cobbler WW Bread Blend Juice
	Menu Subject to change	<i>Approved by Lisa Phillips OLINDE 6/3/14</i>		All Meats 2 oz All juice 4 oz 2 % milk ½ pint All vegetables seasoned with margarine or vegetable oil. Cooked Veg – ½ cup

Memorial and Honorary Giving Program Of Pender Adult Services

In Honor of:

Mike & Helen Morgan *By Allen & Merry Richon*

CONTRIBUTORS:

Emma Anderson Memorial Chapel
Hampstead Women's Club
St Joseph's Church
Willarlea Ruritan
Topsail Kiwanis Club

Donations to PAS are tax deductible. For more information on the Pender Adult Services memorial and Honorary Giving Program please contact Wesley Davis at 259-9119 or toll-free at 1-877-259-9119.

Fitness Fusion Group Classes

Sit & BE Fit: This class is free at Heritage Place and focuses on muscle strengthening with the use of bands. Flexibility and stretching exercise are also done, all to the beat of the oldies. Come, sit and be fit. Heritage Place Classroom Tues & Thurs 11:00 am

Fit over Fifty: This low impact class includes basic aerobic moves. Weights are used for resistance training and basic agility skills are performed.

Body Pump: This is a barbell class providing toning and conditioning. It is perfect for both males and females who want to add strength training into their aerobic workout.

Kardio Kickboxing: This class incorporates basic punches and kicks with the focus on cardiovascular fitness, muscular strength and endurance. This class will also include toning exercises.

Cardio Blast: A fast paced cardio class using aerobic moves. Agility skills are mastered in a form of exercise drills. This class really gets your heart rate up.

Waist Down: The focus of this class is to firm and tone the abs and the lower body. Most exercises are performed on the mat. Lots of crunches!!

Yoga: Connect your mind and body by focusing on breath control and slow static stretching while participating in balance and core strengthening exercises designed to calm the mind, relax the body and ease the soul.

Pilates: This class is designed to improve the body's balance, coordination and alignment while strengthening the core muscles without the pain normally associated with traditional exercises. Open to all levels of fitness. This is a low-impact class.

PHONE:
(910) 259-0422



GYM HOURS:
Mon – Fri 6:00 am – 9:00 pm
Sat 8:00 am – 4:00 pm

GROUP FITNESS SCHEDULE 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – 9:30 BODY PUMP	8:30 – 9:30 CARDIO BLAST	8:30 – 9:30 BODY PUMP	8:30 – 9:30 ZUMBA	8:30 – 9:30 BODY PUMP	
9:40 –10:40 YOGA	9:40 – 10:40 YOGA	9:50 – 10:50 PILATES	9:40 – 10:40 YOGA	9:50-10:50 PILATES	10:00-11:00 BODY PUMP
10:45-11:30 Fit Over 50	10:45- 11:30 Fit Over 50		10:45 -11:30 Fit Over 50		
	12:15 – 12:45 WAIST DOWN				
5:30-6:30 BODY PUMP	5:30 – 6:30 ZUMBA	5:30 – 6:30 BODY PUMP	5:30-6:30 KARDIO KICKBOX	5:30 – 6:30 BODY PUMP	
6:40-7:40 YOGA	6:40 – 7:40 ZUMBA	6:40 –7:40 YOGA			

