



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on.

The Pender-Topsail
POST
& Voice

February
2015



Photo contributed

Seniors traveling together often find the trip more enjoyable and relaxing.

Pender Adult Services travel news

Trips planned to Washington D.C., Vermont in 2015

The Pender Adult Services travel group has several Senior Trips planned for 2015.

The spring trip for 2015 will be to Washington, DC, May 11-13. This trip will include a luncheon cruise on the Potomac River and a visit to George Washington's Mount Vernon Estate.

We also will have a guided tour of Washington including Georgetown, and make a stop at the WWII Memorial and the new Martin Luther King, Jr National Memorial.

We will have some limited time to visit one of the Smithsonian Museums. The cost will be \$389 per person-double occupancy. A \$100 deposit is due by mail when reservations open Feb. 13. Trip protection (\$51) is available at the time of deposit. The full balance is due April 5.

The fall trip will be to Vermont, a New England get a way, is Sept. 28-Oct. 3. This trip includes a visit to the von Trapp Family Inn, the New England Maple Museum and the Vermont Teddy Bear Factory.

The cost will be \$829 per person-double occupancy. A \$50 non-refundable deposit is due by mail on Mar. 9. Trip protection (\$92) is available at the time of deposit. A \$250 deposit is due June 8. The full balance is due Aug. 3.

A western Caribbean Carnival Cruise is on schedule for Jan. 23-31, 2016. The cruise departs from Port Canaveral and includes the ports of Cozumel, Belize, Mohogany Bay, and Costa Maya Mexico. Inside Cabins start at \$899 per person. Travel Protection is highly recommended.

Trips are open to Pender County

Residents and their guests. If trips do not fill they will be opened to non-county residents after the initial deposit deadline. Trips are planned with the senior population in mind but younger relatives often attend with seniors.

Registration opening date is the earliest you may register. Deposit is due by mail at registration and is payable to Pender Adult Services. Registration forms should be included with deposit and be mailed to PAS, P.O. Box 1251 Burgaw, NC 28425 ATTN: Jennifer Mathews. Travel Protection is available and recommended for all trips.

Travel Protection check should be made to PML Tours and sent with registration. You may call Jennifer Mathews at 910-259-9119 extension 303 for more information.

Workshops on Advance Directives scheduled

Everyone is invited to join us on Feb. 3 at 10 a.m. at Heritage Place, Burgaw or Feb. 4 at 10 a.m. at Topsail Senior Center, Hampstead for a free clinic on Advance Directives.

Retired Senior Volunteer Program (RSVP) and Lower Cape Fear Hospice (LCFH) are joining forces again to provide valuable information to all Pender County residents.

At any time in your life, you may be unable to communicate your healthcare choices as a result of an injury or serious illness. Having a plan makes it easier for you, your doctor, and your loved ones.

Michael Harris of LCFH,

will do a free presentation on the importance of advance directives (ie: Living Wills, Healthcare Power of Attorney, MOST forms, financial responsibilities) Immediately following presentation, RSVP and Pender Adult Services Aging Case Manager will assist you in completing these important documents.

This is a chance to take the information you need and be pro-active and put the plan in place. The event is free, as well as the completion of forms is free. Light refreshments will be served.

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

Turning 65?

Medicare education sessions

Will you be eligible to receive Medicare this year? Are you confused by information you are receiving about Medicare supplements and other plans available? Do you want more information on Medicare prescription drug plans and how they work? Do you need to know how Medicare works in general?

If you answered yes to any

of the questions above, please call the receptionist at 259-9119 ext. 0, and sign up for a Medicare education workshop Mar. 19 from 5:30-7:30 p.m. at Pender Adult Services, 901 S. Walker Street.

Kay Warner, Seniors Health Insurance Information Program coordinator will lead the program. The class is free, but registration is required.

Topsail Senior Center happenings

By Kay Stanley
Topsail Senior Center

Kingsley Miner, retired physical therapist, met with a group at Topsail last Tuesday to share some common sense tips for seniors. He was able to sit and share with the seniors in such a way that his suggestions can be put to use.

His tips can make a difference for living safely and avoiding falls. We can all learn to make our lives better. We hope to offer a session with him again in the future.

Our Wounded Warrior with

the Mission Continues giving us assistance at the center. Matthew Morgan is making an impression on everyone that meets him. He is a gentle spirited man. He works on his own.

He sees something that might make us better and goes to it. He has built some new shelving in my office and he is quite precise. He has helped Sue with the hardwood floors, scrubbing, buffing and waxing them. They look like new again. He has pres-

Continued on back page

RSVP news

By Barbara Mullins
RSVP Coordinator

RSVP Volunteers participated in AARP Brain Health-Staying Sharp at UNCW. It was a fun filled experience for our volunteers. They shared 10 habits that help empower our brain.

Some of the habits were breathing techniques, traveling different ways to destinations, crossword and scrabble puzzles, positive thinking, and turning off TV to avoid stress, and the importance of moderate exercise.

RSVP volunteers participated in Laughter Yoga and belly laughter filled the room. Recipes were shared, using a variety of rainbow foods each day. As well as pointing out meds and food that do not mix. RSVP

volunteers took this knowledge and shared with homebound seniors and encourage one-on-one participation.

Seminars like Brain Health are important to RSVP program because they help build comradery, are fun learning experience, bring valuable info to community, and give volunteers team support.

RSVP is a program open to all persons over the age of 55. Please consider calling for information. Be part of the impact needed in Pender County to give seniors support that they need to live independently at home. Call us today at 910-259-9119 (extension 329).

RSVP volunteers participated n AARP Brain Health-Stay Sharp at UNCW.



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FREE DELIVERY

Service offered at Topsail Presbyterian Church

This Tax Aide service is offered on a first come, first serve basis beginning Feb. 2 through April 15. It is offered on Mondays and Wednesdays from 1-5 p.m. at the Topsail Presbyterian Church, 16249 Hwy 17, Hampstead.

This service is available to low and moderate income taxpayers of all ages, including

credits to which individual taxpayers are entitled, as well as other tax related matters.

Electronic filing of the tax return results in receipt of refunds within 8 to 14 days if the refund is direct deposited to the taxpayer's bank account, and about a week later if IRS issues a check for the refund.

Tai Chi – 2015

At Topsail Senior Center, Hampstead –call 270-0708 for information

Tai Chi for Health

Beginner's eight-week class meets on Thursdays from 11:15-11:55 a.m.

Advanced Tai Chi – 8 week

Class starts Tuesday. The class meets from 3:15-3:55 p.m.

Tai Chi for Energy form

Pender Adult Services, Burgaw– Call 259-9119 X 0 for information

Tai Chi for Health

Beginners seven-week class will be offered at Heritage Place.
The class starts on Monday, and meets from 8:30-9:15 a.m.

(holiday – January 19th)

Fees will be \$12. (for Jan -Feb class)

\$5 for Fitness Fusion Members

Instructor will be Kathy Yakimovich.

Kathy is Tai Chi for Health Certified.

Better Choices a Nutrition Program for older adults is now being offered at Heritage Place on Thursdays. This class is offered in cooperation with Pender County Cooperative Extension. Elizabeth Lewis will be teaching the sessions. Healthy eating and good nutrition can improve your health and keep you functioning independently. Yet, only 25 percent of older adults are eating a well-balanced diet.

There are many factors that can affect how we eat.

Poor nutrition can increase your risk of getting infections and can increase your blood pressure and cholesterol. The good news is there are many ways to improve your diet. Small changes can make eating easier.

Interested in learning more about eating well and shopping smart? Better choices, a Steps to Health program

created for limited resource audiences, might be just what you're looking for.

The free nine-week class series reviews ways to improve your overall diet while saving money. You will have many opportunities to taste new foods and receive easy, low-cost recipes to make at home.

The current class is full. Please call 910-259-9119, extension 303 if interested in a future class.

You may have the flu if you have some or all of these symptoms: Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting. It's important to note that not everyone with flu will have a fever.

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician's assistant, etc.).

Certain people are at high risk of serious flu-related complications (including young children, people 65 and

older, pregnant women and people with certain medical conditions) and this is true both for seasonal flu and novel flu virus infections.

If you are in a high risk group and develop flu symptoms, it's best for you to contact your doctor. Remind them about your high risk status for flu.

Health care providers will determine whether influenza testing and treatment are needed. Your doctor may prescribe antiviral drugs. These drugs work better for treatment the sooner they are started.

The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill.

If you have the emergency warning signs of flu sickness, you should go to the emergency room.

The emergency warning signs of flu sickness in adults are difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, flu-like symptoms that improve but then return with fever and worse cough.

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol.

While you are sick stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others.

sure washed the deck and the front porch, the outside furniture. We are very happy to have him, yet he continues thanking us for allowing him to serve us. He is originally from Louisiana and served in the Marines. He has a wife and two boys. The oldest son is at Louisiana University and

his younger son, Wayne is at home. We enjoy seeing what he will conquer next.

The Auction Committee team continues to plan for our April 23 silent auction and dinner. We will be meeting monthly to address our progress in approaching new businesses, restaurants, and museums. We are thankful that many of our local businesses support the senior center in our efforts. We hope that you will purchase a ticket

We have a new art group meeting on Mondays and they welcome newcomers. They are self-taught and do a variety of art projects. Baskets and Quilting classes are meeting as well as a full schedule of Pilates, Yoga, Geri-fit and Tai Chi. Please check the schedule and join us for an activity or to volunteer. As always if you have any suggestions for activities or classes please share with me.

Pender Adult Services
February 2015 Calendar

February 3-4 – RSVP Perks 9 a.m.

February 11 - Blind Support Group (HP) 1 p.m.

February 16 – CLOSED FOR PRESIDENTS DAY

February 19 – Cancer Support Group (HP) – 12 noon

January 22 – Caregivers Support Group (HP) 11:30 a.m.

Wellness Checks -Provided by PAS

Fitness Fusion - First Wednesday 9:30 a.m.

Blood Pressure Screenings -Provided by PC Health Dept

Topsail Senior Center – Third Thursday 11 a.m. until 1 p.m.

Heritage Place – Fourth Thursday 11 a.m. until 1 p.m.

Support Groups

P C Blind Group

Heritage Place – Second Wednesday 1 p.m.

Contact Patricia Miller, services for the blind

Cancer Support Group

Thursday, Third Thurs at noon Heritage Place

Caregivers Support

Topsail-Contact Kay Stanley @ 270-0708

Heritage Place – Fourth Thursday 11:30 a.m until 1 p.m.

Contact Kay Warner @ 259-9119

**NEED HELP CARING
FOR YOUR LOVED ONE AT HOME?**

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**

A photograph showing a male caregiver in a blue shirt leaning over a table, assisting an elderly woman in a pink patterned shirt. The caregiver is holding a white pitcher and a glass, while the woman holds a glass and a spoon, appearing to be eating or drinking. The background is plain white.

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
Tai Chi moved to Tues	9:00 Crocheting	9:00 Basket Class	7:00 Burgaw Rotary	
9:00 Oil Painting	9:00 <i>RSVP Perks (1st)</i>	11:00 Bingo	11:00 Geri-Fit	11:00 Bingo
12:00 Meals	11:00 Geri-Fit & TAI CHI	12:00 Meals	11:30 Caregivers Support (4th)	12:00 Meals
1:00 Bid Whist	12:00 Meals	1:00 Bid Whist	12:00 Cancer Support (3rd)	
1:00 Canasta	12:30 Pinochle	1:00 Bridge	12:00 Meals	Saturday—closed
3:00 Senior Chorus	1:00 Quilting Group	1:00 Blind Support (2nd)	3:00 Quilting/Sewing Club	Facility Available
6:00 Line Dance	1:00 Jewelry			For Rentals
	1:00 Knitting Group			

Phone: 910-270-0708

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—2:30 pm
9:00 Art Class*NEW	9:00 Baskets	9:00 Quilting Bee	9:00 Geri-fit	
10:00 Modified PILATES	Health Checks—3rd Tues	9:00 RSVP Perks (1st)	10:00 Vinyasi YOGA	12:00 Meals
12:00 Meals	9:00 Geri-Fit	10:00 Knitting Group	10:00 Bingo	
12:30 Tree Top Quilters(2nd)	10:30 Feel Good Fun	12:00 Meals	11:15 Tai Chi	Saturday —closed
3:30 Hospice Trg (3rd)	12:00 Meals	1:00 Canasta	12:00 Meals	Facility Available
Taxes offered at Topsail Presbyterian, Hamstead	2:00 Gentle YOGA	5:30 Guitar Group	1:00 Quilting Class	
	3:00 Tai Chi		1:00 Mahjong 1:30 Bridge	

Phone: 910-259-0422

2015

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	Tuesday	Wednesday	Thursday	Friday
Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00
8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	8:30 ZUMBA	8:30 BODYPUMP
9:40 YOGA	9:40 YOGA	9:30 Health Checks (1st)	9:40 YOGA	9:50 PILATES
10:45 FIT OVER 50	10:45 FIT OVER 50	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
4:00 Health Checks (1st)				
				Saturday
5:30 BODYPUMP	6:30 ZUMBA	5:30 BODY PUMP	6:30 ZUMBA	Open 8:00—2:30
6:40 ZUMBA				