



# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

February  
2018



Several months ago one of our knitters noticed a post on Facebook about hats for babies at local hospitals. The hats were to be handmade using soft washable red material. We checked and found that they could be donated to the Cape Fear American Heart Association. These hats would then be donated to NHRMC and distributed to babies born during the month of February. This emphasis is an encouragement to mothers to be heart healthy. This national program aims to raise awareness of heart disease, the number one killer of Americans, and congenital heart defects, the most common type of birth defect in the country. Heritage Place crafters contributed 45 hats to this project. We continue to create chemo hats for Zimmer Cancer Center.

## Staying healthy through the flu season

It's that time of year. It's getting colder, wetter, and the days are shorter. More and more people are sniffing, coughing and sneezing. It starts to feel like a war zone out there as you try to avoid getting sick. But, it is possible to stay healthy. First of all, it is not too late to get a Flu Vaccination! Flu season peaks in February. If you've not gotten your flu shot, there is still time. If you have concerns about the shot, talk to your doctor. Whether you've gotten the flu shot or not, the following tips can help you stay healthy:

•Wash your hands! Wash your hands! Wash your hands! This may be the most important thing you can do to prevent the flu. Use soap and hot water and scrub for at least 15-20 seconds. Don't touch your face unless you've washed your hands.

•Get plenty of sleep. If you haven't developed a routine already, create a regular bedtime that allows for at least 7-8 hours of sleep. This will help your body fight illness!

•Eat well. Vegetables and fruits are loaded with immune building vitamins and minerals. Start with at least 3 servings of vegetables and 2 servings of fruit daily. Limit or avoid sugar and processed foods. Some studies have shown that eating sugar immediately suppresses immune function, making you more susceptible to illness.

•Manage your stress. Sometimes easier said than done but we all know stress practically invites illness. If you have stress, make it a priority to find ways to relieve it. Yoga, exercise, deep breathing exercises, and making time for yourself are good suggestions.

•Consider adding Vitamin D3. There is growing evidence that Vitamin D3 plays a crucial role in fighting disease. The

best way to get enough vitamin D is through sun exposure. In the winter when the days are short and cold, it is hard for most adults to get enough vitamin D.

•Consider taking a probiotic daily. Probiotics help boost immune function.

Learn to recognize the symptoms of the flu: fever (although it is possible to have the flu without fever), chills, cough, sore throat, sneezing, muscle or body aches, runny or stuffy nose, headache and fatigue. At the first symptoms, call your doctor. There are treatments available but they are more effective if started within 2 days of getting sick.

If all else fails and you find yourself sick, stay home. The flu is very contagious. It is possible to spread the virus one day before and up to seven days after symptoms appear. Also, staying home and resting will help you recover with less risk for complications such as bacterial pneumonia, sinus or ear infections, dehydration, and worsening of chronic medical conditions such as Diabetes or Asthma. Drink plenty of water and clear liquids. Seek medical attention for yourself or your loved ones if:

- There is a fever over 100.5 that has lasted 5 days or more
- There is poor fluid intake and little urine output
- There is severe neck pain or stiffness
- There is specific pain such as an earache that doesn't get better
- There is breathing difficulty or a cough that worsens and lasts longer than four weeks

Flu seasons are unpredictable and can be severe. Take care of yourself and your loved ones.

For more information on the flu or the 2018 flu season in particular, visit: [www.cdc.gov/flu](http://www.cdc.gov/flu).

## RSVP hosts program on home safety

By Barbara Mullins  
RSVP Coordinator

Thank you Tim from Surf City Fire Department for your presentation last month on Remembering When.

This Risk Reduction Coordinator advised that falls are the leading cause of death for unintentional injuries in the home.

Thirty percent of people involved in falls are 65 and older. Two point three million non-fatal falls are treated in the ER each year and seniors who fall tend to have an increased fear of falling again. Fear decreases exercise and leads to reduced mobility and fitness, which increases risk of falling again. Tai Chi was suggested and has been proven to reduce fall risk because it promotes balance skills.

Fireman Tim encouraged taking your time, especially when first getting up out of your bed or chair. Be aware of your surroundings; keep walkways and stairways clear of clutter; improve lighting (use of motion nightlights were suggested); have grab bars installed; wipe spills immediately; un-wrinkle carpet and use skid proof mats; be aware of your pet (especially in the dark).

When talking about fire safety, Tim stressed never smoke in your bed and always wet cigarette before throwing butt out. Stay in the kitchen if you are frying anything.

Keep space heaters three feet away from anything, in-



RSVP participants in the home safety program



cluding yourself. New smoke detectors are available with batteries lasting 10 years. There are also "shaker detectors" for those with hearing loss.

Always keep a telephone nearby, next to your bed during the night, or wear a life alert constantly. We learned much from Fireman Tim and are thankful he came and

shared with RSVP.

If you have any questions or concerns call 910-259-9119 ext. 329 for more information on resources the Fire Dept provides for senior safety.

## AARP senior tax assistance

AARP Tax-Aide is a free nationwide service that provides high quality income tax assistance and free federal and state income tax preparation and includes electronic filing. This service will be available beginning Feb. 5 in Hampstead at the Topsail Senior Center.

The center is located at 20959 Hwy 17, Hampstead. For directions call 910-270-0708. This service will be available on Mondays and Wednesdays from 1-5 p.m. on a first come first serve basis. This service is available to low and moderate income taxpayers of all ages, including seniors.

Two tax days are planned for Heritage Place, Burgaw Feb. 15 and 22. Please call for an Burgaw appointment at 259-9119 x 301.

Taxpayers should bring social security cards for themselves and dependents, W-2's from each employer, statements of unemployment income, SSA-1099 if a recipient of social security benefits, and all 1099 forms (1099-INT, 1099-DIV, 1099-B, etc).

Those who received a pension, or a distribution from an IRA, should bring their 1099R forms.

In addition, if the taxpayer paid for daycare for a child or disabled dependent they should bring information on dependent care providers (name, employer ID number or Social Security number if an individual), receipts or canceled checks if itemizing deductions, and a copy of the 2017 tax return, if available.

## Exercise opportunities at Topsail Senior Center

We offer many opportunities for group fitness at the Topsail Senior Center. Our week begins with

•Modified Pilates which is offered on Mondays at 10 a.m. Amy Coleman is our instructor. This class will help you improve your balance & posture, tone your whole body, expand your range of motion, and relieve stress. The cost is \$12 per month. Please sign up at Topsail Senior Center.

•Geri-Fit is a weight bearing exercise for greater strength, flexibility and balance. This class meets every Tuesday and Thursday at 9 a.m. and is free. Consumer contributions are welcomed. The class is taught by Wes Davis and Donna Murphrey. Please sign up at Topsail Senior Center.

•Gentle Yoga is offered at 2 p.m. Tuesdays. Yoga provides health benefits for adults of all ages and fitness levels, and seniors can especially benefit from the increased flexibility and balance it offers. The cost is \$12 per month. Our Instructor is Kathy Yakimovich. Please sign up at Topsail Senior Center.

•Vinyasi Yoga is offered at Topsail Senior Center at 10 a.m. Thursdays. Vinyasi Yoga is more advanced than Gentle Yoga. The cost is \$12 per month (four sessions). The instructor will be Kathy Yakimovich. Please sign up at Topsail Senior Center.

•Tai Chi for Arthritis class meets Tuesdays from 3:15-4 p.m. Tai chi improves lower body and leg strength, enhances mental capacity and concen-

tration and improves balance and stability by strengthening ankles and knees. The cost is \$5 per month. The beginning class meets Thursdays at 11:15 a.m. and the cost is also \$5 per month. The instructor is Kathy Yakimovich.

•Line Dance is offered Friday at Topsail. Dancing is a fun way to get cardio exercise. Some of the physical benefits of dance include increased heart rate, muscular strength, endurance, agility, flexibility, balance, cardiovascular as well as co-ordination and spatial awareness. Class fees are \$5 per month per class (60 and older); \$10 per month per class (60 and younger). The class meets Fridays from 11 a.m. until noon. The advanced class meets from noon until 1 p.m.

## True Love Never Dies

A valentine's support group

for those who have

suffered the loss of

their spouse or partner

Join us Tuesday, February 13

From 10 a.m. until noon

For this one time gathering

Sponsored by LCFH



## Medicare Education workshop scheduled February 27, 2018

### Pender Adult Services -Heritage Place

A Medicare Education Workshop will be held Feb. 27 from 5:30-7 p.m. at Pender Adult Services, 901 S. Walker Street, Burgaw. Volunteers 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, x 301.*



### Pender Adult Services

Presents a Fabulous Vacation to

## Cape Cod, MA, & Newport, RI

**For Information and/or Reservations, Please Contact:**

**Jennifer Mathews @ 910-259-9119 x 303**

**Date of Trip:** October 14 – October 19, 2018

**Price:** \$829.00 Per Person – Double Occupancy

REGISTRATION NOW OPEN: \$150 deposit

**Travel Protection:** Travel Protection can be purchased at \$92.00/person- double occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. **Insurance premiums are non-refundable.**

## Memorial and Honorary Giving Program

*In Memory of:*

*Margaret Brown*

*by Heritage Place Basket Class*

*Contributions from:*

*Sue & Pete Cowan*

*Rodney Garner*

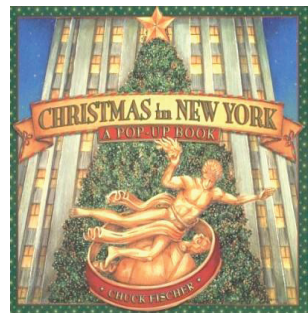
*Willarlea Ruritan*

*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. 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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## Pender Adult Services Presents A New York City Christmas

**"City sidewalks, pretty sidewalks, dressed in bright red and green. In the air there's a feeling of Christmas. Strings of streetlights, even stoplights, blink of bright red and green..."**

**For Information and/or Reservations, Please Contact:**

**Jennifer Mathews @ 910-259-9119 x 303**

**Date of Trip:** December 6 – December 9, 2018

**Price:** \$669.00 Per Person – Double Occupancy

REGISTRATION NOW OPEN: \$100 deposit

**Travel Protection:** Travel Protection can be purchased at \$79.00 per person - double occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable the PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. **Insurance premiums are non-refundable.**

### Pender Adult Services

#### February 2018

Feb 1 - Living with Grief Series continues – 1p.m. (HP)  
Feb 2 - Matter of Balance continues – 10:30 a.m.-12:30 p.m.(HP)  
Feb 5 - AARP Tax Aide begins at Topsail  
Feb 6 - Walk with Ease – 10 a.m. (HP) *Call if interested*  
Feb 6 - RSVP Perks - 9 a.m. (HP)  
Feb 7 - RSVP Perks - 9 a.m. (TSC)  
Feb 10 - RSVP Veteran's Resource Day (TSC)  
Feb 12 - Bowling at Ten Pin Alley  
Feb 13 - **Wear Pink Day** - True Love Never Dies: 10 a.m.-noon (HP)  
*Support for those who have suffered the loss of their spouse*  
Feb 14 - Blind Group Meeting 1p.m. (HP)  
Feb 15 - **AARP Tax Day** at Heritage Place by appt  
Feb 19 - Closed – President's Day  
Feb 22 - **AARP Tax Day** at Heritage Place by appt  
Feb 22 - Caregivers Support Meeting 11:30 a.m. (HP)  
Feb 27 - **Medicare 101** 5:30 p.m. at Heritage Place – *watch for a March date at Topsail*  
*For more information – call 910-259-9119*  
[www.penderpas.com](http://www.penderpas.com)

## VETERANS RESOURCE FAIR

Saturday, February 10,  
10 a.m. until 2 p.m.

Topsail Senior Center  
20959 US Hwy 17

Hampstead

More than 30 Agencies  
FREE AND OPEN TO  
THE COMMUNITY

Sponsored by: Pender County RSVP  
and Soul Care Community

# 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 (Feb 26)	9:00 Crocheting	9:00 Basket Class	10:00 Jewelry ( <i>with interest</i> )	10:30 Matter of Balance
12:00 Meals	9:00 RSVP Perks (1st)	11:00 Bingo	10:00 WALK w/Ease (Feb)	11:00 Bingo
1:00 Bid Whist	10:00 WALK w/Ease (Feb)	12:00 Meals	10:30 Group Walk	12:00 Meals
1:00 Canasta	10:30 Group Walk	1:00 Bid Whist	11:00 Geri-fit	<b>Saturday—closed</b> Facility Available For Rentals
3:00 Lamplighters Chorus (offsite at times)	11:00 Geri-fit	1:00 Bridge	11:30 Caregivers Support (4th)	
6:00 Line Dance	12:00 Meals	1:00 Blind Support (2nd)	11:30 Health Checks (4th)	
	12:30 Pinochle/Rummikub		12:00 Meals	
	1:00 Quilting/KNITTING		1:00 Rummikub/ MEX TRAIN	
			3:00 Craft Club	

## 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 Tree Top Quilters(2nd)	12:00 Meals	12:00 Meals	11:15 Beg. Tai Chi	Caregivers Support **
3:00 Hospice Trg (2nd)	2:00 Gentle YOGA	1:00 Canasta	12:00 Meals (BP Checks-3rd)	**Call for info
	3:15 Advanced Tai Chi		1:00 Quilting/Mahjong/ BRIDGE	<b>Saturday –Facility Available for rentals</b>

## Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

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	9:40 YOGA	8:30 BODYPUMP	9:40 YOGA	9:50 PILATES
9:40 YOGA	10:45 FIT OVER 50	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
10:45 FIT OVER 50	5:30 BODY ATTACK	5:30 BODY PUMP	5:30 RPM Cycling	<b>Saturday</b> Open 8:00—2:30
5:30 BODYPUMP	5:30 RPM Cycling	Massage by Appointment	5:30 BODY ATTACK	8:30 RPM Cycling
				8:30 Body Attack

# 2018

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.