



Pass it on...

The Pender-Topsail
POST
& Voice

February
2020



What you can do to prevent Heart Disease February is Healthy Heart Month

Here's what you can do to promote a heart-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

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Body Attack is one of many classes offered with a Fitness Fusion Membership. Call 910-259-0422 for details about classes or drop by and check us out. Our February Fitness Promotion: Attend 10 classes in February and you will be entered into an end of month drawing to win a t-shirt.

Topsail Center News

By Donna Murphrey
Center Coordinator

We have great opportunities at Topsail Senior Center to help you keep those New Year Resolutions; Geri-fit, Yoga, Tai Chi, Zumba Gold and Line Dancing. Our Zumba Gold is moving to Tuesday afternoon at 1 p.m. for the month of February for those of you who may have had a problem with Mondays. Come and join us, you can stay for Yoga and Tai Chi also.

AARP will be starting their tax assistance program every Monday and Wednesday afternoon 1-4 p.m. beginning Feb. 3 through Apr 15. Please call us at 10-270-0708 for an appointment.

The A Matter of Balance" class started Tues-

day, Jan. 8 and will run for eight consecutive weeks. Since this class filled so quickly, we had many people we couldn't accommodate so we are planning another class in partnership with Pender County Health Department to be held Tuesdays 1-3 p.m. If you are interested, please call the center and we will add you to the list. We have not determined a start date for the afternoon class as of this time.

Our Valentines Tea will be held Thursday, Feb. 13 in lieu of Bingo, we appreciate all of our volunteers that are making goodies for us to serve. We will be closed Monday, Feb. 17 for President's Day. We wish everyone a Happy Valentine's Day and make a point to spend time with someone you love!

RSVP update

By Barbara Mullins
RSVP Director

The Retired Senior Volunteer Program (RSVP) recently updated their facebook page with a video about volunteer opportunities in Pender County. Many thanks to Jane Martin, RSVP Communications Volunteer, for her leadership and enthusiasm to keep the RSVP program well known in our community. Her direction of the video and the knowledge she shares is so appreciated.

And we can never thank Jourdan WhiteEagle, Topsail Chamber, enough for her time, patience and expertise in putting this

Monday Morning Painting Class offered at Heritage Place Burgaw

Monday Morning Painting Class are offered at Heritage Place 901 S Walker Street, Burgaw on Mondays from 9:30-11:30 a.m. Six classes are available for

video together. Jourdan is a young woman and brings a new enthusiasm and light to Pender County.

We met Ms. WhiteEagle at the Hampstead Women's Connect group and quickly wanted to know more about senior volunteers and what they do in Pender County. Thank you Jourdan for putting your heart and soul into this video.

Please check out the RSVP facebook page: pendercountyrsvp and scroll to the video. You can also find this video on: You-Tube under RSVP Pender County. If you do not have internet and would like more info please call Pender Adult Services at 910-259-9119 (ext 329).

\$50 beginning Feb. 3. Bring your own supplies

Have questions or to register and/or get a supply list contact Maureen McKenna at 631-312-6102

It's tax time AARP tax assistance is available now

AARP Tax-Aide will be offering tax assistance this year in Hampstead. Appointments are required for those who would like their taxes done for free by trained Tax-Aide volunteers at the Topsail Senior Center.

This service will be available beginning Feb. 3 Mondays and Wednesdays from 1-5 p.m. by appointment. This service is available to low and moderate income taxpayers of all

ages, including seniors. The center is located at 20959 Hwy 17, Hampstead. For appointments and directions call 910-270-0708.

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. Tax-Aide is a charitable non-profit program administered by the AARP Foundation.

Taxpayers should bring

picture ID, social security cards for themselves and dependents, all information and forms relating to their income and the filing of their income tax returns, including W-2, 1099, SSA 1099, broker statements and a copy of last year's tax return, if available.

Also information concerning health insurance coverage, including Forms 1095-A, B or C if applicable as well as details of itemized deductions if appli-

cable. Tax Assistance is also available through VITA at New Hanover County Main Library Monday - Friday from 9:00 - 1:00 OR New Hanover County Senior Resource Center M, W, F from 8:00 - 4:00 and T, Th from 11:00 - 6:00. Clients will be seen first come, first come.

AARP Tax Aide is unable to file regarding loss due to Hurricane Florence.

Group classes at Fitness Fusion

We offer a variety of classes that are offered on a regular basis. These programs vary in intensity and workouts. These classes are offered by Certified Instructors.

- Body Attack is a high energy fitness class with moves that cater to the total work out beginner and to the total work out addicts. We combine athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats.

- Body Pump is choreographed to music, and

utilizing weights. It is a class that gives you a one hour full-body workout. This class is perfect for both males and females who want to add strength training to their aerobic workout.

- Cardio Fit - A total body workout! This class will get your heart rate up through boxing, jumping jacks, jumping rope, plus many other cardio exercises. It's a great way to start your day!

- Fit over Fifty is a low impact class includes basic aerobic moves. Weights are

used for resistance training and basic agility skills are performed. Although Fit Over 50 is a low impact class, this workout provides a great way to stay in shape as well as improve your cardiovascular fitness, body balance, and muscle toning

- Pilates is designed to strengthen the core muscles, as well as improve body balance, coordination, and proper body alignment. This is a low impact class, but is capable of pushing you to your personal limit to maximize your goals, and

various levels of ability. •RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

- 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.

Valentines advocacy event Feb. 13

Pender Adult Services will be joining hundreds of seniors from Senior Centers across North Carolina to mail Valentines to our legislators. Seniors will personalize a card by writing a personal statement of what their senior center means to them and how its programs and services have impacted their lives.

Federal, state and local funding is vital to our ongoing programs and allows our seniors to participate in free or low cost affordable activities and access needed services.

This special Valentine card event shows the senior's appreciation and keeps our Senior Center on the minds of our legislators. This event is in

partnership with the North Carolina Senior Center Alliance, which coordinates events for the 177 Senior Centers across the state.

The goal of this statewide event is to give one voice to Senior Centers. Join Pender Adult Services Thursday, Feb. 13 for this opportunity to write and mail a post card. The event will take place at Heritage

Place at 901 S Walker Street, Burgaw and also Topsail Senior Center, Hampstead. All Valentines and needed supplies are provided.

Seniors will only need to write a personal sentence or two on their Valentine for their Legislator. The centers will mail the post cards to our legislators.

Pender Adult Services is a place for citizens age 55

and up to meet new friends, maintain active lifestyles and connect to services. Some of the Center's programs and opportunities include volunteering, health and wellness, arts, education, social events and family caregiver support.

For more information contact Jennifer Mathews at 910-259-9119.

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	SHIIP (Senior Health Insurance)
Telephone Reassurance	Congregate Meals/Home Delivered Meals
Energy Assistance	Food Distribution



Topsail Senior Center exercise classes

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 and posture, tone your whole body, expand your range of motion, and relieve stress. Cost is \$12 per month. Please sign up at Topsail Senior Center.

•Geri-Fit is a weight bearing exercise for greater strength, flexibility & balance. This class meets every Tuesday and Thursday at 9 a.m. and is free; however, 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. 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. Cost is \$12 per month (four sessions). Instructor will be Kathy Yakimovich. Please sign up at Topsail Senior Center.

•Tai Chi for Arthritis Tai chi improves lower body and leg strength, enhances mental capacity and concentration and improves balance and stability by strengthening ankles and knees. Cost is \$10 per month. The Advanced class meets Tuesdays from 3:15-4 p.m., \$10 per month. Beginner's class meets on Wednesdays at 9 a.m. (except the first Wednesday of the month following first Tuesday RSVP meeting takes place so Beginners class joins Thursdays Intermediate group, \$10 per month. The Intermediate class on Thursdays at 11:15 a.m., cost is also \$10 per month. The instructor is Kathy Yakimovich.

•Line Dance Dancing is

a fun way to get some cardio in. 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. We offer two line dancing classes: Friday class is 11a.m. to noon, Class Fee is \$5 per month (60 and older); \$10 per month (59 and younger). We also offer a Tuesday night class that meets 6-7 p.m. This class is \$8 per month and easier for beginners and the instructor is Sheryl Pacelli.

•Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves at a lower-intensity. This class focuses on balance, range of motion and coordination. Come to sweat and have fun every Tuesday from 1-1:45 p.m. The cost is \$12 per month and the instructor is Roxanna Hegarty.

Fees for one class (drop in) are now \$5 for all classes except for Geri-fit. Please pay monthly.



The Unresolved String Band will perform at Heritage Place on Thursday, Feb. 13 at 12:30 p.m. This group of ukulele players are great entertainers!! Come join us.

Pender Adult Services February 2020

- February 3 – AARP Tax-aid Tax Preparation offered by appointment (TSC)
- February 4 & 5– RSVP Perks meet 9 a.m. (HP & TSC)
- February 7 – GO RED FOR HEART MONTH
- February 12 – Pender County Retired School Personnel meet – 11 a.m. (HP)
- February 12– Blind Support Group meets – 1 p.m. (HP)
- February 13 – MUSIC at 12:30 – “UNRESOLVED STRING BAND” (HP)
- February 13 – Valentine’s Tea at Topsail Center (TSC)
- February 14 – Valentine’s Day – wear pink
- February 17 – Closed – President’s day
- February 20– Health Checks offered by PCHD at Topsail
- February 27 – Health Checks offered by PCHD - 11:30 (HP)
- February 27 – Caregivers Support Meeting – 11:30 (HP)

Prescription Assistance Program

If you are struggling to afford your medications, or you do not have prescription coverage, our prescription assistance coordinator will gladly talk with you to see if you qualify. Insulin

and respiratory inhalers are among the most costly of medications. There are manufacturers/programs that could possibly help with that cost.

Programs are based on

income so proof of income or the lack of income is required. Please call Carolyn Wells at (910) 259-9119 extension 326 for more information or to make an appointment.

Medicare counseling at PAS

SHIIP (Seniors Health Insurance Information Program) volunteers will continue to assist clients with Medicare questions. Open Enrollment for Medicare Advantage plans will be Jan. 1-Mar. 31. During this time you may change to another Medicare Advantage Plan or return to Original Medicare and choose a Prescription Drug Plan.

If you are receiving Extra help you may continue to review your plans during

the year. Please call Heritage Place at 910-259-9119 or Topsail Senior Center at 910-270-0708 to schedule an appointment.

If you are new to Medicare and need help under-

standing the system and researching a supplement and drug plan, please call us at 910-259-9119 or the 1-855-408-1212 (Raleigh Office). We want to assist you!



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 Cathy at 259-9119 ext. 2

Pender Adult Services Invites You On a Fabulous 6 Day/5 Night Vacation to New Orleans!

Date: June 20 – June 25, 2020

Your 6 Day/5 Night Trip Includes:

Our trip will include 5 Nights Hotel Accommodations. Three Nights will be within walking distance of the French Quarter. Five Breakfast at our hotel and evening hotel receptions in New Orleans. One evening dinner at the New Orleans School of Cooking and New Orleans dinner with entertainment. Guided Tours of New Orleans as well as an Old fashioned Louisiana Plantation and a trip on an authentic steamboat. Standard Taxes, Meal Gratuities & Baggage Handling and Deluxe Motor Coach Transportation are included.

For Information and/or Reservations, Please Contact: Jennifer Mathews @ 910-259-9119 x 303

Price: \$859.00 Per Person – Double Occupancy

Travel Protection: Travel Protection can be purchased at \$92.00 per person double and \$119 for single 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.** Fuel surcharges by all transportation companies may be assessed.

Heart month

Continued

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 to-

gether 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.

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
9:30 Art Class (Feb 3)	9:00 Crocheting	9:00 Basket Class	9:30 RSVP Card Class (2nd)	11:00 Bingo
12:00 Meals	9:00 RSVP Perks (1st)	11:00 Bingo	10:00 Jewelry	12:00 Meals
1:00 Bid Whist	10:30 Group Walk	11:00PC School Ret. (2nd)	10:30 Group Walk	
1:00 Canasta	11:00 Geri-fit	12:00 Meals	11:00 Geri-fit	Saturday—closed
6:00 Line Dance	12:00 Meals	1:00 Bid Whist	11:30 Caregivers Group(4th)	Facility Available
	12:30 Pinochle/	1:00 Bridge	11:30 Health Checks (4th)	For Rentals
	1:00 Rummikub	1:00 Blind Support (2nd)	12:00 Meals	
	1:00 Quilting Group		1:00 Rummikub	
	1:00 Knitting Group		1:00 Mexican train (1st)	

Phone: 910-270-0708

Topsail Senior Center Opportunities

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 /Cribbage	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	9:15 Beginning Tai Chi	10:00 Bingo	12:00 Line dance 2
2:00 ZUMBA Gold (1:00 on Tues for February)	12:00 Meals	9:30 Knitting Group	11:15 Interm. Tai Chi	Caregivers Support **
1:00 Tree Top Quilters(2nd)	2:00 Gentle YOGA	12:00 Meals	12:00 Meals (BP Checks-3rd)	**Call for info
3:00 Hospice Trg (2nd)	3:15 Advanced Tai Chi	1:00 Canasta/Bridge	1:00 Quilting	Saturday –Facility Available for rentals
TAX ASSISTANCE— Call 270-0708 for appt	6:00 Line Dancing	2:00 Rummikub	1:00 Bridge/ Mahjong	

Phone: 910-259-0422

Fitness Fusion Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
Open 5:00—8:00	Open 5:00—8:00	Open 5:00—8:00	Open 5:00—8:00	Open 5:00—8:00
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 Fit *new	8:30 BODYPUMP	9:30 Gentle 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			
5:30 BODYPUMP	5:30 BODY ATTACK	Massage by Appointment	5:30 RPM Cycling	Saturday Open 8:00—2:30
	6:30 RPM Cycling	5:30 BODYPUMP		

FEBRUARY 2020

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.