

Pass it on...

February
2021



The Pender-Topsail
POST
& Voice



Pat and Ramona enjoy the Topsail Tea Party in 2019

Ways to stay positive

The power of remaining positive, whatever the situation, can never be underestimated. We are all here for a limited period of time, is it worth it to spend any of that time in a dismal mood? Being negative? This period of quarantine has been difficult and lonely for many. Find ways to encourage each other. February is "love month" and there is also on February 17 a day called "Random Acts of Kindness Day" one thing you can do is spread kindness! This will be a positive thing amidst a negative time.

The true test of an individual to remain positive is when challenges become difficult. Remaining positive keeps one's mind in the right state of balance and often opens resolutions to the problems at hand. Negativity is contagious; not only does it affect the individual, but it spreads to anyone they interact with. When only the negative perspective is in focus, the resolution process is impeded.

Eliminating negativity, or rather, being positive is a mindset that can be found at any moment, and turned into a habit. Here are some tips that can help you in shifting your mindset:

- Shift Your Thoughts - Be conscious of your thoughts. Especially, when life just isn't going your way. The moment you see that you are diving into frustration, agony, sorrow and low self-esteem - shift your thoughts, by thinking about something completely unrelated. This breaks the pattern of self-pity, mind-created stories, and negative downward spiral.
- Find the Lesson - There is a lesson to be learned from every situation. No matter how unfortunate the situation may appear, recognize the beautiful lessons waiting to be discovered. Sometimes lessons are expensive, but every problem is a learning opportunity in disguise. You may have made a mistake, but now you can accept it and continue, knowing that you will make a different

decision in the future.

- Attitude of Gratitude - You cannot be both angry and grateful at the same time. Start counting the blessings and miracles in your life, start looking for them and you shall find more. What's there not to be grateful? You are alive and breathing! Realize how lucky you are and all the abundance in your life.

- Positive Affirmations & Visualization - Practice seeing yourself in a positive and confident light. Do this whenever you have a few minutes (examples; Waiting for a friend, sitting on the bus, riding an elevator.) Self-affirmations (list of positive statements about yourself and your self image) are another simple and powerful tool to train your subconscious to see yourself in a positive light. This is important, as many of us can be so hard on ourselves through social conditioning. I am guilty of being extra tough on myself, but have learned over time to recognize my gifts rather than finding false and self-imposed inadequacies.
- Inventory of Memories - Keep an inventory of memories that can immediately make you smile. Occasions where you felt happy, appreciative and cheerful. When you were at peace with the world. Whenever you are in a negative frame of mind, consciously and deliberately pick up any leaf out of this inventory and dwell on it. Reminiscing those happy moments gives a balanced perspective to your situation. You realize that what appears negative today will change tomorrow. Nothing stays the same.
- Criticizing Detox Diet - Change your approach and attitude. See if you can stop criticizing others and situations. Our cultural conditioning teaches us to find flaws and problems at all times. Shift from fault-finding to appreciation-finding. Whether you are positive or negative, the situation does not change. So, we might as well be positive.

Things to celebrate in February

We plan on Wearing red on Thursday, Feb. 4 and 18 for Healthy Heart Month!!
Healthy Heart Tip: Get regular, moderate physical activity! It helps lower blood pressure and helps your body control stress and weight.

Start by doing what you can, even 10 minutes can make an impact on your heart! Join us for Thursday Geri-fit or another class or get out and walk 15 - 20 minutes 3-4 times a week! If you want a list of band exercises we will gladly send it to you. Please call and we will mail it out!

• Black History Month: There is plenty to learn about Black History in Pender County. Do you know who the first black principal was at Burgaw

Elementary -now CF Pope Elementary. He used to come to Geri-fit!! *What really matters is not whether we have problems, but how we go through them. We must keep going on to make it through whatever we are facing.* - Rosa Parks

• Valentine's Day is probably the most recognized holiday. Consider sending a card to a neighbor or senior that you do not normally reach out to. If you need a suggestion, call us - we can connect you by sending it for you. (call Jennifer at 910-9119- x 303)

• Presidents Day is a holiday in February. Presidents Lincoln and Washington have birthdays this month. Learn something new about either or both.

"It's not the years in your life that count. It's the life in your years." - Abraham Lincoln.

• Mardi Gras is a reason for wonderful recipes or pancakes for dinner and Ash Wednesday is a preparation day for Easter, marking the beginning of Lent. It will most likely look very different this year with the pandemic.

• February 17 is Random Acts of Kindness Day And, you know what to do... perform a few random acts of kindness. Almost any kind deed will do. And we highly recommend you perform kind acts on as many people as you can.

This is a favorite day of many people and groups. People like the idea of showing a little kindness

to others. It's a fun and good thing to do. And they like being on the receiving end of this day as well. It makes both the giver and the receiver feel good. "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone may do the same for you." - Princess Diana

• February 20 is Chase Away the Winter Blues - 28 days until Spring. This is one to celebrate!!

It is a day to chase away winter blahs, and bring in spring. After all, everyone in the northern hemisphere are sick and tired of winter at this point and a little crazy being cooped up inside all winter and not seeing the sun.

RSVP brings birthday fun to WWII veteran

Randy and Susie Thackston, RSVP volunteers and Meals-on-Wheels delivery people, were intrigued to discover that one of their Hampstead clients, Aaron Jones, Sr. was about to turn 100 years old.

They decided they wanted to do something special for this gentleman who, along with his wife Wanda, was a joy to see, albeit at a distance, as they delivered meals to them each week.

When Randy called Mr. Jones' family to learn more about him, he was fascinated to find that Jones was a WWII veteran who had served with valor and distinction. After a few more phone calls to the

Hampstead American Legion folks, RSVP friends, and the Jones' neighbors and family, a BIG surprise drive-by birthday party was planned.

Imagine Mr. Jones surprise when he went out to his porch and found a color guard marching by, a truck playing patriotic music, and many friends, neighbors, and family who were there to celebrate his 100th birthday.

"I really appreciate this. I never realized that many people would turn out. I expected it to be a rather quiet day," Jones shared with the folks at WWAY-TV who also came out to capture this magical moment for their



Aaron Jones Sr. was treated to a drive-by birthday party by RSVP volunteers.

viewers.

Yes. Happy Birthday, Mr. Jones! And, a big thank you goes out to our RSVP volunteers, Randy and Sue Thackston and other RSVP

volunteers. You all are the best as you selflessly serve our Pender communities with excellence and with your big and caring hearts!

Beware of fraudulent, scam phone calls

We have had recent discussions about reports of fraudulent phone calls from people claiming to be from the Social Security Administration.

We recommend that you avoid providing personal information like your SSN or bank account numbers to unknown persons over the phone or internet.

According to the Office of the Inspector General reports have indicated that unknown callers are using

increasingly threatening language in these fraudulent calls.

The callers state, due to improper or illegal activity with a citizen's Social Security number (SSN) or account, a citizen will be arrested or face other legal action if they fail to call a provided phone number to address the issue.

This is a scam; citizens should not engage with these calls or provide any personal information.

SSA employees do contact citizens, generally those who have ongoing business with SSA, by telephone for customer-service purposes.

However, SSA employees will never threaten you for information; they will not state that you face potential arrest or other legal action if you fail to provide information.

In those cases, the call is fraudulent, and you should just hang up.

If you receive a suspicious call from someone alleging to be from SSA, you should report that information to the OIG at 1-800-269-0271 or online at <https://oig.ssa.gov/report>.

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Greetings from the Topsail Senior Center

It is hard to believe February is here. The days are getting longer, and by the time this is printed, we will know whether the Groundhog has seen his shadow.

I think we all want an early Spring Mr. Groundhog! Although it may be chilly, we are still having exercise under the pines; Geri-fit Tuesdays and Thursdays at 10 a.m., Beginners Tai Chi Tuesdays at 2 p.m., Advanced Tai Chi Tuesdays at 3 p.m., Line Dancing Wednesdays at 10 a.m.

All classes are weather permitting - feel free to call before leaving home to confirm 910-270-0708. We also offer two virtual classes via Zoom - Pilates and Zumba Gold. Call if you would like more information con-

cerning these classes.

February is the shortest month but packed with special days; Groundhog Day, Super Bowl Sunday, Abraham Lincoln, George Washington and Susan B. Anthony's birthdays, Chinese New Year, Valentine's Day, Fat/Shrove Tuesday, Ash Wednesday, Black History Month and also Heart Health Awareness Month!

The point being, you can find something to celebrate or remember almost every day this month; call a friend or neighbor, a family member, mail a card to someone special, no matter how you choose to celebrate, that is the point, choose to celebrate and spring will be here before we know it!



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

COVID-19 information



Pender County Health Department is working efficiently to administer the doses they receive. They are working through the initial list of 4000 people over the age of 65 years old. The process is working well once you have an appointment. The process is complete in 30 minutes. The call center is assisting with information and will help book appointments. The Pender County call center number is 910-663-4200.

NHRMC is doing an email notification for appointments in Wilmington at the POINT theatre. If you have transportation to Wilmington, this is streamlined process. But it also is based on vaccine availability. Appointment line when vaccine is available is 910-662-2020.

New Hanover County Public Health: Vaccinations can be scheduled by calling 910-798-6800 when appointments are available.

Wilmington Health Associates: Vaccinations can be schedule by call 910-407-5115 when appointments are available.

Sampson County Health Department. Vaccinations can be scheduled by calling (910) 592-1131 when appointments are available.

Memorial and Honorary Giving Program

In Memory of Evelyn Wallace Brown
By
Suzanne Cooper
Kathy & Mike Griffin
The Kinard family
Classmates: Lucille, Bertha, Mary, Minnie & Orpah
Valerie Sutton

Contributions have been received recently from
Helle and Vald Jorgensen
Holy Trinity Episcopal Church
Lisa Langley
Joyce Mothorpe
Ruby & Wardell Mcduffie
Wade Associates, LLC
Wesleyan Chapel United Methodist Women
Willarlea Ruritan
Woodmen Life Chapter 1483

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.



PAS-TRAN is now hiring Part-Time Drivers
Applications available at 901 S Walker Street
Weekdays only
Call 910-259-9119 X press 1 for more information

Rural General Public rides for Grocery Shopping, College Educational, Employment, and Medical visits and needs, in county and Out of County are also available. Call for more information and reservations.

Please Call 910-259-9119 Press 1
TDD/TTY 1-800-735-2962
Monday thru Friday

*Certain restrictions apply for trips and Medical appointments.
Services may be interrupted if funding is not available.*

Curbside Meals

Mon - Thurs

meals for seniors

Drive-thru available 11:30 -12
Senior must call by 10 the day prior to receive a meal.
Call (910)259-9119, press 0 and speak to the receptionist or leave a message.
An updated Client Intake Form is required
Consumer Contributions are appreciated

Call in by 10am the day before



SHIP

SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-408-1212 (toll free) • www.ncdoi.com

FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Cardiovascular screening blood tests assist in early detection of heart disease. Medicare covers screening tests for cholesterol, lipid and triglyceride levels once every 5 years.

Ask a SHIP counselor for more information. Call Pender Adult Services if you have medicare questions at (910) 259-9119 X 303.

COVID-19 INCUBATION TIMELINE

COVID-19 has up to a 14 day incubation period

SALLY WAS EXPOSED TO COVID-19.

DAY 0
Sally was exposed to COVID-19.

DAY 5
Sally got tested for COVID-19 and the results came back negative.

DAY 8
Thinking she didn't have COVID-19, Sally attended school and a family cookout. She was contagious days 8 & 9 (48 hours before symptoms) and now exposed 17 people.

DAY 10
Sally became symptomatic and tested positive.

PENDER ADULT SERVICES MENU - February 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheeseburger on Bun Sweet Potato Tots Green Beans Strawberry Applesauce 2% Milk	2 Baked Fish Potato Wedge Coleslaw Tropical Fruit Mix Cornbread Muffin 2 % Milk	3 Mango Chicken Rice Pilaf Stir Fry Vegetables Pineapple Tidbits Egg Roll 2 % Milk	4 Lasagna Tossed Salad/Dressing Peaches Garlic Knot 2 % Milk	5 Vegetable Soup Turkey Sandwich Fresh Orange Goldfish Crackers 2% Milk
8 Smoked Sausage Mashed Potatoes Squash/Onions Pears Wheat Roll/Margarine 2% Milk	9 Chili Dog on Bun Baked Beans Coleslaw Peach Cobbler 2% Milk	10 Meatloaf/Gravy Rice Baby Lima Beans Tropical Fruit Mix Biscuit 2% Milk	11 Chicken Tenders Scalloped Potatoes Broccoli Fruit Cup Wheat Roll/Margarine 2% Mik	12 Tomato Basil Soup Pimento Cheese Sandwich Banana Oyster Crackers 2% Milk
15 Beef/Macaroni Casserole California Blend Vegetables Mandarin Oranges Biscuit 2% Milk	16 Baked Parmesan Chicken Rice Pilaf Tuscan Blend Vegetables Applesauce Wheat Roll/Margarine 2 % Milk	17 BBQ Pork Pinto Beans Collard Greens Pineapple Tidbits Cornbread Muffin 2 % Milk	18 Stuffed Peppers Corn Cheese Stick Fruit Cup WW Roll/Margarine 2 % Milk	19 Chicken Salad Potato Salad Coleslaw Fresh Orange Crackers 2 % Milk
22 Baked Turkey/Gravy Sweet Potato/Yams Broccoli Mixed Fruit Biscuit/Margarine 2% Milk	23 Pork Chop Redskin Wedge Potatoes California Blend Vegetables Fruit Cup WW Roll/Margarine 2 % Milk	24 Mexican Casserole with beef, cheese, rice Tossed Salad/Dressing Peaches Cornbread Muffin 2 % Milk	25 Chicken and Dumplings Baby Carrots Pears Biscuit/Margarine 2 % Milk	26 Tuna Salad Sandwich Sun Chips V-8 Juice Fruit Cup Granola Bar 2 % Milk
			Protein - 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Season with marg or veg oil Bread - 1 each	Reviewewd by: <i>Kathleen Sedoma, R.D., L.D.</i>