



# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

January  
2020

**PENDER ADULT SERVICES, INC.**

## Stay healthy this flu season

By Rebecca Boggs, RN

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. 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 three servings of vegetables and two 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 two 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 five 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 2019-20 flu season in particular, visit: [www.cdc.gov/flu](http://www.cdc.gov/flu)



Toys for Tots was a huge success. We appreciate your contributions. We had boxes and boxes of toys and two large items that wouldn't go into the box.

## RSVP update

By Barbara Mullins  
RSVP Director

The Retired Senior Volunteer Program (RSVP) had a fabulous 2019 and looks forward to an inspiring 2020. 54 new volunteers joined us in 2019 and our new goal is to grow bigger this year and recruit 65

new volunteers to serve in Pender County. We celebrated more than 15,650 hours this year and were able to provide many services to our homebound seniors and our young children to increase reading levels.

Currently we are interviewing for Reading

Buddies for Burgaw Middle School, The principal, teachers and staff are anxious to have RSVP volunteers and we know that this Middle School is in dire need of adults to be strong examples to these young adults. Burgaw Middle has a good reading program in effect and RSVP volunteers

can help grow this program and work one-on-one with students to build strong vocabulary and comprehension skills.

Please call Barbara at 910 259-9119 (ext 329) for more info. We look forward to welcoming you to our RSVP family here at Pender Adult Services.

## Medicare counseling continues at Pender Adult Services

The Seniors Health Insurance Information Program (SHIIP) volunteers will continue to assist clients with Medicare questions. Open Enrollment for Medicare Advantage plans will be Jan. 1 through 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 their plans during the year. 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!

### BACK UP DRIVER WANTED FOR HOME DELIVERED MEALS

If interested, please contact  
Jane Johnson, Aging Case Manager  
910-259-9119 ext. 309



Thank you to Pender County Master Gardeners for the fresh greenery arrangements that were delivered to our home delivered meal clients in early December They do this every year We love the freshness and continued support



Senior clients at Pender Adult Services enjoyed a bit of Christmas Cheer provided by Rocky Point Pre-K. The children sang and presented ornaments to a very appreciative group.

## Gerri-Fit

A Strength Training Workout  
For Older Adults  
Begins Jan. 14 & 16

**Helps Improve**

- Muscular Strength
- Balance and coordination
- Motor skills and reaction time
- Flexibility and gait
- Arthritic conditions
- Bone density

**Topsail Senior Center**

Tues/Thurs 9:00 a.m.

**Heritage Place**

Tues/Thurs 11 am

## Pender Adult Services January 2020

January 6 – Activities and Meals resume at both centers  
 January 6 – Line Dancing Resumes (HP)  
 January 7 – Basket Resumes (TSC)  
 January 7 & 8 – RSVP Perks meet 9 a.m. (HP & TSC)  
 January 8 – Basket Class Resumes (HP)  
 January 8 – Pender County Retired School Personnel meet – 11 a.m. (HP)  
 January 8 – Blind Support Group meets – 1 p.m. (HP)  
 January 16 – Health Checks offered by PCHD at Topsail  
 January 20 – CLOSED - Martin Luther King, Jr Day  
 January 21 – National Hugging Day – Share a hug!!  
 January 23 – Health Checks offered by PCHD - 11:30 a.m.(HP)  
 February 3 – AARP Tax Aide Tax Preparation offered by appointment (TSC)  
 This service will be available by appointment beginning February 2020 in Hampstead at the Topsail Senior Center. The center is located at 20959 Hwy 17, Hampstead. For appointments and directions call 910-270-0708.  
 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 applicable.

### INFORMATION PLEASE – WE ARE HERE TO HELP

Please call the center 259-9119 X 309 (or call 910-270-0708 for Topsail) 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

## Memorial and Honorary Giving Program

*In Memory of Sam Rochelle*

*Given By*

*Carolyn Biberstein*

*CF Pope Class of 1964*

*Greta Watts*

*James Basden*

*Macedonia AME church*

*Mary Foster*

*Wendy Brasher*

*In Honor of Lynda Polinski*

*Given By*

*Barbara Murphy*

*In Honor of Jennifer Mathews*

*Given by*

*Dorothy Mills*

*Contributions are acknowledge from*

*Charlie Thur*

*Sue & Pete Cowan*

*Wesleyan Chapel UMC*

*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 contact Wesley Davis at 910-259-9119

## DO YOU HAVE **concerns** about falling?



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes  
practical strategies to  
manage falls.

#### YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

#### WHO SHOULD ATTEND:

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

#### Matter of Balance Workshops

*Once a week x 8 weeks x 2 hours*

#### Pender Adult Services

901 S Walker St, Burgaw, NC, 28425

#### Thursday's

*January 16<sup>th</sup>-March 5<sup>th</sup>, 2020*

Time: 10:30 am – 12:30 noon

#### Topsail Senior Center

20959 US-17, Hampstead, NC, 28443

#### Tuesday's

*January 14<sup>th</sup>-March 3<sup>rd</sup>, 2020*

Time: 10:00 am- 12:00 noon



PENDER ADULT SERVICES, INC.



## Licensed CNA

## Positions Available

Pender Adult Services is hiring CNA's.  
Contact Anna or Cathy at 259-9119 ext. 2

## 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 (2020)	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	11:00 PC School Ret. (2nd)	10:30 Group Walk	
1:00 Canasta	11:00 Geri-fit	12:00 Meals	11:00 Geri-fit	<b>Saturday—closed</b>
6:00 Line Dance	12:00 Meals	1:00 Bid Whist	11:30 Caregivers Group(4th)	Facility Available For Rentals
	12:30 Pinochle/	1:00 Bridge	11:30 Health Checks (4th)	
	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)	

# January

### 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 /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	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	
	6:00 Line Dancing	2:00 Rummikub	1:00 Bridge/ Mahjong	<b>Saturday –Facility Available for rentals</b>

### Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

	Monday Open 5:00—8:00	Tuesday Open 5:00—8:00	Wednesday Open 5:00—8:00	Thursday Open 5:00—8:00	Friday Open 5:00—8:00
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.	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	<b>Saturday Open 8:00—2:30</b>
		6:30 RPM Cycling	5:30 BODYPUMP		

MATTER OF BALANCE STARTS JANUARY 16, 2020