



Pass it on...

The Pender-Topsail
POST
& Voice

March
2017



The Pender County Health Department and Heritage Place worked together to create a fun and educational Heart Health program.

Heritage Place Happenings

By Jennifer Mathews
Pender Adult Services

We had so much fun and learned a lot at the Hollywood Heart Day. The Pender County Health Department created a great educational presentation for us to enjoy. The morning started with our Geri-fit exercise class to some upbeat 50s rock-n-roll.

The group of 40 grew to about 60 people for our lunch and heart health program. Amanda Barbee and Samantha Murphy created a Hollywood Walk of Fame including some of the great actors and actresses from film and television-all of whom died of heart disease. Each table featured a different star with their photo and some fun trivia about them.

The presentation included signs of heart attack for men and women as well as other educational information about heart disease risk factors and preventative care. Elizabeth Almekinder provided health

checks and Iris Baker from NHRMC provided information about local Cardiologists.

Everyone had a great time at the photobooth and strolling the red carpet. Thank you to Salina for serving as our paparazzi.

RSVP hosted a device assistance day in early February with help from students from Pender Early College. Seniors brought in their cell phones and tablets for students to assist them in learning their new technology. Thank you to our Pender Early College students and to RSVP for planning this intergenerational event.

4ALL Statewide Service Day is Friday Mar. 3 from 10 a.m. to 4 p.m. This is a community service. North Carolina lawyers are volunteering their time to provide free legal information.

Talk to a Wilmington lawyer for free. Call 910-386-5540. This line will not be open until 10 a.m. Mar. 3 and will close at 4 p.m. that day.

Hollywood Heart Walk at Pender Adult Services

By Elizabeth R. Almekinder, RN
Pender Health Department

In honor of American Heart month, Pender County Health Department teamed up with Pender Adult Services for a fun and information-filled event with a Hollywood theme.

Sixty seniors came out to walk the red carpet, get some exercise while learning about heart disease, eat a healthy meal, and fellowship with one another.

Once the seniors walked down the red carpet in their red attire and red hats, they took a seat at tables decorated with photographs of Hollywood stars from days gone by. Clark Gable, Lucille Ball, Jimmy Stewart, Elizabeth Taylor, Frank Sinatra and Louis Armstrong were just a few of the Hollywood stars featured.

Attendees later learned that these Hollywood stars and starlets all had one thing in common. They all died of heart disease.

Event planners pumped up the energy in the room by holding a seated strength training (Geri Fit) class led by Jennifer Mathews of Pender Adult Services.

Following sweating to the oldies with such favorites as *Under the Boardwalk*, seniors were led on a Hollywood Walk of Fame, a heart-healthy cardio walk around the center for a quarter mile. The trail was dotted with photos of Walk of Fame stars as the trail markers.

As seniors entered the building and took the walk of fame down the red carpet, they were greeted by the paparazzi, who took their photograph in front

of the big Hollywood sign. Attendees enjoyed trying on the different props in the photo booth. They donned feather boas, top hats, and enjoyed lively clapping from their peers as they received their Oscar award.

Pender County Health Department educators Samantha Murphy and Amanda Barbee, RN, gave a presentation on The Signs and Symptoms of a Heart Attack and When to See a Cardiologist. Air popped popcorn was handed out as a heart healthy snack in keeping with the movie theme.

"The inspiration for this event came from so many stars in Hollywood recently dying of heart attacks," said Murphy. "When we did a little more research, we found a majority of our most beloved stars died of heart disease."

"Unfortunately, this is in line with statistics. Cardiovascular disease claims more lives than all forms of cancer combined. Heart disease is the number one killer of both men and women in America, with one person dying every 40 seconds. By making this heart health event Hollywood themed it hopefully gave the seniors a chance to have fun and reminisce about their old favorite movies and TV shows, while learning about the reality of heart disease."

Blood pressure screening was available in the lobby for attendees, and New Hanover Regional Medical Center physician group brought information about cardiologists available in the area.

Walk in to the health department anytime Monday through Friday for free blood pressure screenings. For more

information about heart disease and how to prevent it, call (910)259-1230, or visit the Pender County Health Department at 803 South Walker Street, Burgaw.

You may also visit us on

Facebook, or on the web at: <http://health.pendercountync.gov/>. You may also visit the Center for Disease Control's website at: <https://www.cdc.gov/features/heartmonth/>.



Victoria takes a stroll on the red carpet at the Hollywood Walk of Fame

March is National Colon Cancer Awareness Month

Life is full of unexpected surprises – colon cancer should NOT be one of them. March is National Colon Cancer Awareness Month and Mar. 3 is National Dress in Blue Day to help spread the word. Did you know that colon cancer is the second leading cause of cancer death among men and women in the U.S.? Did you also know that colon cancer is one of the most preventable and treatable cancers if found early? While no one knows exactly what causes colon cancer, certain factors may increase your risk:

- Age over 50 – more than 90 percent of colon cancer is diagnosed after age 50.
 - Family history of polyps/colon cancer – first degree relatives with polyps or colon cancer increase your risk.
 - Ulcerative Colitis or Crohn's Disease – conditions that cause inflammation increase the risk of colon cancer.
 - Personal history of cancer
 - Cigarette smoking
 - Diet and lifestyle – diets high in red meat and fat and low in fruits and vegetables increase risk
- Be proactive! While colon

cancer may begin with few or no symptoms, talk to your doctor if you notice any of the following:

Bowel habit change
The habits can include diarrhea, constipation, a change in the consistency of your stool or finding your stools are narrower than usual.

Persistent abdominal discomfort
Such as cramps, gas, or pain and/or feeling full, bloated or that your bowel does not empty completely.

Rectal bleeding
Finding blood (either bright red or very dark) in your stool is a symptom.

Weakness or fatigue
This can be an indicator as also can losing weight for no known reason, nausea or vomiting.

Remember, the most common symptom is no symptom. If you are 50 or older, get screened. Regular screening can catch polyps before they become cancer.

This month, get your blue on and help raise awareness of this preventable and treatable cancer.

Remember, screening saves lives. For more information, visit www.ccalliance.org

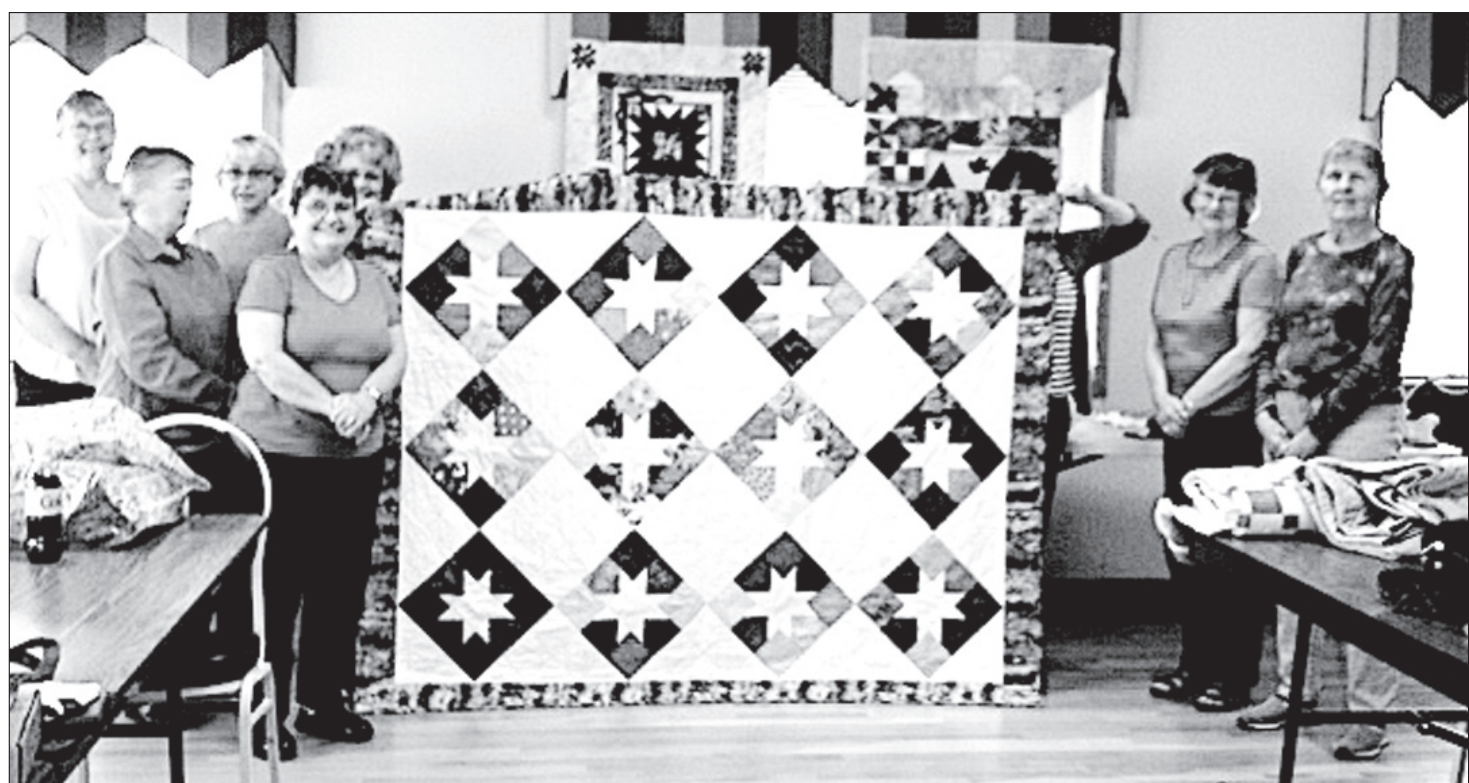
Topsail Events

By Jennifer Mathews
Pender Adult Services

Topsail is gearing up for our annual Silent Auction April 20. The event will include entertainment by the Harmony

Belles as well as our usual auction items to raise money for Meals on Wheels. Our new coordinator, Donna Murphrey, is settling in and working hard

Continued on back



This beautiful quilt has been donated by Treetops Quilters of Hampstead. Raffle tickets are available at Topsail Senior Center for \$1 each.

Join us for a FREE nutrition education program; Better Choices!

Thursday, March 9th
12:30 pm - 1:15 pm
Location: Heritage Place

What To Expect:

- 8 weeks of engaging & interactive sessions
- Taste healthy food options
- Learn more about the benefits of healthy food
- Learn and share money saving strategies when grocery shopping
- You'll receive a few resourceful items throughout the program such as a cookbook, notebook and much more!

Better Choices

For more information or to sign up, contact: Jennifer Mathews at 910-259-9119
Or sign up in person at the reception desk

Medicare Education Workshop

A Medicare education workshop will be held at the Topsail Senior Center, 20959 U.S. Hwy. 17 North, Hampstead Mar. 15 from 5:30-7 p.m. Kay Warner and John Lutz with the SHIP program in Pender County will be presenting the workshop. **The class is free, but registration is required.** Call the Topsail Senior Center at 270-0708, to sign up for the class.

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	SHIP (Senior Health Insurance)
Telephone Reassurance	Congregate Meals/Home Delivered Meals

March Calendar

Mar. 3 – Talk to a Lawyer Day – 10a.m.-4 pm 910-386-5540
 Mar. 3 – National Dress in Blue Day for Colon Cancer Awareness
 Mar. 7 – RSVP Perks(HP) 9 a.m. – Geriatric Presentation
 Mar. 8 – RSVP Perks(TSC) 9 a.m. – Geriatric Presentation
 Mar. 8 – Blind Support Group (HP) 1 p.m.
 Mar. 9 – Better Choices Nutrition Class Begins (HP) 12:30-1:15 p.m.
 Mar. 15 – Medicare Education Workshop (TSC) 5:30-7 p.m.
 Mar. 16 – Health Checks (TSC) 11 a.m. until 1 p.m.
 Mar. 17 – WEAR GREEN – St Patrick's Day
 Mar. 23 – Health Checks (HP) 11:30 a.m. until 1 p.m.
 Mar. 23 – Alzheimer's Support Group(HP) – 11:30 a.m. until 1 p.m.
 April 20 – SAVE THE DATE – Topsail Auction
**AARP Tax assistance ongoing at
 Topsail(TSC) Mon & Wed- 1-5 p.m.
 20959 Hwy 17, Hampstead**

NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Personal Care, Sitter, Light House keeping, Respite

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

Caregivers Needed...

Hiring now for Hampstead, Maple Hill and Floater position!
 Call today to start your new career!

Topsail events

Continued from front

to make this year's Auction another success.

We have received a beautiful quilt from the Treetops Quilters that meet at the cen-

ter monthly. It has been donated to use as a raffle. AARP Tax Aide continues to offer free tax service that is available at Topsail on Monday and Wednesday afternoon from 1-5 p.m. on a first come, first serve basis. Topsail Senior Center is located at 20959 Hwy 17, Hampstead.

4 ALL STATEWIDE SERVICE DAY: A WORLD OF CHANGE IN ONE DAY

Friday, March 3, 10 a.m. to 4 p.m.

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910-386-5540

Please note that this line is not open until March 3 at 10 a.m. and will close March 3 at 4 p.m.

As a community service, North Carolina lawyers are volunteering their time to provide free legal information on Friday, March 3.

NORTH CAROLINA BAR ASSOCIATION
 SEEKING LIBERTY & JUSTICE

A PUBLIC SERVICE OF THE NORTH CAROLINA BAR ASSOCIATION FOUNDATION

FITNESS FUSION RUN FOR YOUR LIFE 5K

JOIN US IN CELEBRATING THE 10TH ANNIVERSARY OF FITNESS FUSION WITH A 5K RACE AND FUN WALK FOLLOWED WITH FOOD AND ENTERTAINMENT!



FITNESS FUSION
 901 South Walker Street
 Burgaw, NC 28425

Date: April 8, 2017
Time: 9:00 am

REGISTRATION FORM AVAILABLE ON-LINE AT:
<http://www.brunswicktiming.com/>



Register early to save
ENTRY FEES:
\$25.00 by March 24, 2016

For more information or to register call: 259-0422

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 12:00 Meals 1:00 Bid Whist 1:00 Canasta 3:00 Lamplighters Chorus 6:00 Line Dance	9:00 Crocheting 9:00 RSVP Perks (1st) 11:00 Geri-fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting Group	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support (2nd)	11:00 Geri-fit 11:30 Caregivers Support (4th) 11:30 Health Checks (4th) 12:00 Meals 1:00 Rummyque 3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals
				Saturday—closed Facility Available For Rentals

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) 10:00 Modified PILATES 12:00 Meals 1:00 AARP Tax Aide 1:00 Tree Top Quilters(2nd) 3:00 Hospice Trg (2nd)	9:00 Baskets 9:00 Geri-Fit 10:00 Senior Crafts & fun 12:00 Meals 2:00 Gentle YOGA 3:15 Advanced Tai Chi	9:00 Quilting Bee 9:00 RSVP Perks (1st) 10:00 Knitting Group 12:00 Meals 1:00 Canasta 1:00 AARP Tax Aide	9:00 Geri-fit & Cribbage 10:00 YOGA 10:00 Bingo 11:15 Beg. Tai Chi 12:00 Meals 1:00 Quilting Class 1:00 Mahjong 1:30 Bridge	11:00 Line Dance 12:00 Meals Caregivers Support ** **Call for info
				Saturday—closed Facility Available For rentals

Phone: 910-259-0422

Mar 2017

Fitness Fusion Group Fitness Classes

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 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 8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 4:30 RPM Cycling 5:30 BODYPUMP	5:30 RPM Cycling 8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 5:30 BODY ATTACK 5:30 RPM Cycling 6:30 ZUMBA	7:00 RPM Cycling 8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Massage by Appointment	5:30 RPM Cycling 9:40 YOGA 10:45 FIT OVER 50 5:30 RPM Cycling 6:30 RPM Cycling 6:30 ZUMBA	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Saturday Open 8:00—2:30 8:30 RPM Cycling 8:30 Body Attack 9:30 ZUMBA