



Pass it on...

The Pender-Topsail
POST
& Voice

March
2018



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 Friday, Mar. 2 is National Dress in Blue Day to help raise awareness and spread the word.

Did you know that colon cancer is the second leading cause of cancer death among men and women in the United States?

Did you also know that colon cancer is one of the most preventable and beatable 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:

- A change in bowel habits, including 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.
- Weakness or fatigue can also accompany losing weight for no known reason, nausea or vomiting

Remember, the most common symptom is no symptom. If you are 50 or over, 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 beatable cancer. Screening saves lives.

For more information, visit www.ccalliance.org

Have questions about Medicare? PenderAdult Services can help

We are hosting a Medicare education workshop in Pender County at Topsail Senior Center March 6 from 5:30-7 p.m. The center is located at 20959 Hwy 17, Hampstead, right beside the Pender Pines Nursery. The class will provide an overview of Medicare A & B,

C & Part D. We will overview supplements as well. If you are new to Medicare this is a great place to start. Please register by calling the 910-270-0708. Volunteers with the SHIP program of Pender County will be presenting the workshop. The class is free, but registration is required.



RSVP volunteers (above) Robert, Billy, Dixie, Barbara, Vivian, Frances, (below) Mary, Essie, Connie, Paddy, and Jane.



RSVP News

By Barbara Mullins
RSVP Coordinator

Retired Senior Volunteer Program volunteers attended Modern Times-More Modern Crimes at the Surf City Visitors Center Feb. 21. It was the perfect opportunity for RSVP to broaden their horizons and learn important facts on fraud prevention, elder abuse,

scams, exploitation and the local opioid epidemic in Pender and surrounding counties.

The speakers and program co-ordinators did an awesome job of providing an enjoyable day educating on important topics above. Volunteers attended in hope they can share this information with our homebound clients, neighbors, friends.



Barbara, Joyce and Fran enjoyed a British Tea at Topsail Senior Center in February.

British Tea Time at the Topsail Center

By Donna Murphrey
Pender Adult Services

On the Tuesday before Valentines, we did something different at Topsail Senior Center; we had tea time. Thanks to our lovely British volunteer, Barbara Norris who was our guide to a proper tea.

During craft time several Tuesdays before we made tiered serving stands, which we used to serve our egg salad cress and cucumber cress finger sandwiches and shortbread cookies.

For the grand finale, we served Victoria Sponge cakes made by Ms. Norris and of

course the hot tea. Several of us supplied china tea cups, saucers, tea pots and creamers and when mixed, set very elegant tables.

During the tea, Ms. Norris gave a brief history of tea time and although we did not have ours in the afternoon

as tradition, we still felt very British.

A big thank you to Barbara Norris who made the cakes, donated raffle items and the supplies to make the tiered serving stands, Debbie Lamphere, Becky Swords, and Francis Bowser for making

finger sandwiches and a host of others for trusting us with their delicate tea cups, saucers, pots and assisting with setup/cleanup.

Last but not least, a thank you to Lowes Foods for the beautiful flowers on each table.

AARP senior tax assistance available now

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 is available now 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.

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

FREE LEGAL ADVICE
4ALL Statewide Service Day
Confidential Telephone Consultation
With an ATTORNEY
Call 910-386-5540
FRIDAY, March 2, 2018
Between 10 am – 7 pm
SPONSORED BY:
North Carolina Bar Association
Foundation

Get your REAR in GEAR
Get your Rear in Gear

LOVE YOUR COLON

Pender Adult Services
Heritage Place—901 S Walker St
Wear Blue Day
Colon Cancer Awareness Day
Thursday, March 1, 2018
11:00—1:00

Wear Blue Day
PARTNERSHIP WITH
PC HEALTH DEPARTMENT

Pender Adult Services
March 2018

March 1 – WEAR BLUE DAY – “Get your REAR in GEAR” 11 a.m.
 March 2 – Matter of Balance continues – 10:30 a.m. until 12:30 p.m.(HP)
 March 5 - AARP Tax Aide continues at Topsail (M & W 1-5 p.m.)
 March 6 – RSVP Perks - 9 a.m. (HP)
 March 6 – Medicare Education Workshop – 5:30 p.m. (TSC)
 March 7 – RSVP Perks - 9 a.m. (TSC)
 March 12 – Bowling at Ten Pin Alley
 March 14 - Blind Group Meeting 1p.m. (HP)
 March 15 - Health Checks – 11:30 a.m. (TSC) sponsored by PCHD
 March 16 – WEAR GREEN DAY!! LUCKY BINGO
 March 22 – Health Checks – 11:30 a.m. (HP) sponsored by PCHD
 March 22 – Caregivers Support Meeting 11:30 a.m. (HP)
 March 30 – Agency Closed for GOOD FRIDAY

AARP Tax Aide
 Topsail Senior Center – 270-0708
 Monday & Wednesday from 1-5 p.m.
 First come, first service

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.**

Weight loss challenge

Fitness Fusion
 Weight Loss Challenge
 How Are You Doing?
 Stop in for a one month check in

Prizes for Greatest Percentage of Body Fat Lost
 Challenge ends April 16, 2018

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.**

save the date

Topsail Silent Auction
April 26

“Like” **US** **facebook** **www.facebook.com/PostVoice**

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

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) 10:00 Modified PILATES 12:00 Meals 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) 9:30 Knitting Group 12:00 Meals 1:00 Canasta	9:00 Geri-fit & Cribbage 10:00 YOGA 10:00 Bingo 11:15 Beg. Tai Chi 12:00 Meals (BP Checks-3rd) 1:00 Quilting/Mahjong/ BRIDGE	11:00 Line Dance 12:00 Meals 12:00 Line dance 2 Caregivers Support ** **Call for info Saturday –Facility Available for rentals

2018

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

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 5:30 BODYPUMP	5:30 RPM Cycling 9:40 YOGA 10:45 FIT OVER 50 5:30 BODY ATTACK 5:30 RPM Cycling	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 5:30 BODY ATTACK	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Saturday Open 8:00—2:30 8:30 RPM Cycling 8:30 Body Attack