



# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

March  
2020



## 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. 6, 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 US?

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:

- 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 for 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 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 beatable cancer.

Screening saves lives. For more information, visit [www.ccalliance.org](http://www.ccalliance.org)

## What is SHIIP?

Recently one of our SHIIP counselors met with a Medicare client and discovered that she had purchased a Medigap plan and a Medicare Advantage plan.

This SHIIP counselor was able to assist this client, helping her understand that these two plans do not work together and contact the companies involved. This saved the client a good deal of money. We love these success stories.

We appreciate the efforts of all of our SHIIP volunteers. Way to go Bill, Candy, Carolyn, John, Kay, and Tyra. They volunteer their time and go above and beyond in their efforts to educate and save Medicare clients' money.

Seniors' Health Insurance Information Program (SHIIP) is a consumer information division of the North Carolina Department of Insurance. We assist people with Medicare, Medicare Part D, Medicare supplements, Medicare Advantage and Long Term

Care Insurance.

We also help citizens recognize and prevent Medicare billing errors and possible fraud and abuse through our N.C. Senior Medicare Patrol (NCSMP) Program. The nationwide toll-free information phone line is 1-855-408-1212. The NCDIO also maintains educational materials for consumers on our website ([www.ncshiip.com](http://www.ncshiip.com))

At Pender Adult Services our SHIIP volunteers schedule appointments and meet with clients one-on-one to discuss their Medicare Questions, review their coverage and assist them in understanding the various programs that are available. We educate and inform.

SHIIP counselors are not licensed insurance agents, and we do not sell, endorse, or oppose any product, plan, or company. If you have questions about your specific plan, we encourage you to contact your insurer

*Continued on next page*

## Ideas needed!

We are asking for input regarding new activities that appeal to a larger group of seniors.

We have been asking questions like what brings you joy and what activities do you enjoy?

We have heard seniors mention music, art, games, and puzzles. Recently a senior came in and said

socializing.

Are you interested in Scrabble or Yahtzee? These are new games that folks have mentioned. Let Jennifer know and we can set a time to play.

We also play Bid Whist, Bridge, Canasta, Cribbage, Mahjong, Mexican Train, Rummikub



Topsail Seniors enjoyed a wonderful Valentine's tea with wonderful petite fours, sandwiches, cookies and cakes all made by volunteers. In addition valentines were written to our N.C. Legislature thanking them for their support of our Senior Center.

## Prescription drug assistance for low-income Medicare beneficiaries

Medicare beneficiaries who have limited incomes and assets may be eligible for Extra Help to pay for their prescription drugs. The federal Low-Income Subsidy (LIS) program, also known as Extra Help, assists qualified Medicare beneficiaries with out-of-pocket expenses associated with Medicare Part D prescription drugs.

There are more than 80,000 Medicare beneficiaries in North Carolina who may be eligible for help but have yet to apply. SHIIP, the Seniors' Health Insurance Information Program

and a division of the N.C. Department of Insurance, is joining with partners around the state to help beneficiaries understand and apply for Extra Help.

"Many who are eligible for this assistance are not aware that it is available to them," said Insurance Commissioner Mike Causey. "It is our goal to get the message of Extra Help out to Medicare beneficiaries statewide and get them enrolled so they can begin receiving help with their Medicare prescription drug costs."

Pender Adult Services

can help Medicare beneficiaries in Pender County at Heritage Place and Topsail Senior Center with the enrollment process for Extra Help. Please call Heritage Place at 910-259-9119 or Topsail Senior Center at 910-270-0708 to make an appointment with a SHIIP Volunteer.

To qualify for Extra Help, a Medicare beneficiary must meet certain income, resource and asset level requirements.

The income and asset limits for Extra Help are Single person - yearly income less than \$18,375 and

less than \$14,390 in other resources per year. Married person living with a spouse and no other dependents - yearly income less than \$25,365 and less than \$28,720 in other resources per year.

Resources include money in a checking or savings account, stocks, bonds, mutual funds, and Individual Retirement Accounts (IRAs).

Resources don't include your home, car, household items, burial plot, up to \$1,500 for burial expenses (per person), or life insurance policies.

## AARP holds drivers safety class

By Barbara Mullins  
RSVP Coordinator

Two great classes were facilitated by Pat and Fred Fontana, AARP volunteers, in February. Pat kept our attention with her humor, expertise, and involved the class in different exercises. Thank you to Pender Adult and the Topsail Chamber of Commerce for providing classroom space for each class. 27 attendees are now more aware of safety on

our roads. The following few tips were highlights of the class:

1. Properly set your side view mirrors (tilting your head against driver window to adjust left side mirror until you can barely see the left rear back of your vehicle. And lean to your right so you're directly in front of rearview mirror mount to adjust right mirror until you can barely see the right rear back of your vehicle.)

2. Allow 10 inches (about the length of a large magazine) from steering wheel to your body to allow room should air bag explode

3. Always look for a parking spot you can pull through so when leaving you just pull forward from the parking spot

4. Allow the three-second rule from the car in front of you to allow proper sight distance.

5. Reaction time – as we age reaction time slows

and we need more time to process information. Steer clear of busy highways and congested traffic. Increase your following distance. Minimize left turns. Eliminate distractions inside your vehicle (radio, conversation, eating). Review your medications – some cause drowsiness. Stay alert!

For more information on volunteering with RSVP, call Barbara at 910-259-9119 X 329.

## It's tax time; help is available

AARP Tax Aide Volunteers have been very busy at Topsail Senior Center. We appreciate their time and effort in assisting clients with their taxes on Monday and Wednesday afternoons.

Our appointments are very limited now at Topsail. You may wish to use VITA at New Hanover County Main Library Monday Tax - Friday from 9 a.m. until 1 p.m. or New

Hanover County Senior Resource Center Monday, Wednesday and Friday from 8 a.m. until 4 p.m. and Tuesday and Thursdays from 11 a.m. until 6 p.m. Clients will be seen first come, first come.

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.

Please note: AARP Tax Aide is unable to file regarding loss due to Hurricane Florence. Please consider a paid preparer.



**Need legal information?  
Talk to a Wilmington-area  
Lawyer For Free**

**Friday, March 6, 7:00a – 7:00p**

**1.910.386.5540**

North Carolina lawyers are volunteering **free legal information** Friday, March 6, 2020, at call centers statewide. This event is a public service of the North Carolina Bar Foundation. For more information, visit [4ALLnc.org](http://4ALLnc.org).



Fitness Fusion offers Fit over Fifty three days a week. It's a perfect blend of cardio, weight bearing and flexibility. The added bonus is socialization. Come check it out.



## SAVE THE DATE

**Topsail Auction — April 30, 2020**

*Donations being accepted—Sponsorships available*

*Contact 910-270-0708 for more information*

## 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.



### CONGREGATE MEAL PROGRAM

OFFERED AT HERITAGE PLACE & TOPSAIL

BY CONSUMER CONTRIBUTIONS

\$2.50 SUGGESTED DONATION

FOR SENIOR CLIENTS 60 & UP WITH A CLIENT FORM  
DONATION IS VOLUNTARY & CONFIDENTIAL  
THE PUBLIC MAY EAT FOR A \$5 PER PLATE CHARGE  
MONTHLY MENUS AVAILABLE AT OUR CENTERS

ance agent or the insurance company.

We currently have seven trained counselors that meet with clients and review their Medicare plans. If you have questions about Medicare please call to set up an appointment with a

counselor.

We meet with clients at Heritage Place, Burgaw (910)270-0708 and Topsail Senior Center, Hampstead (910) 270-0708.

If you have limited incomes and resources you may qualify for the Extra

Help Program through Social Security. If you qualify for any level of Medicaid you automatically qualify for Low Income Subsidy (LIS).

## Pender Adult Services

March 2020

March 3 & 4– RSVP Perks meet 9 a.m. (HP & TSC)  
March 6– Dress Blue for Colon Cancer  
March 6 – Talk to a Lawyer for Free Day 1-910-386-5540 7 a.m.-7 p.m.  
March 8 – *Spring Forward* – Daylight Savings Time Begins  
March 9 – PCHD Diabetes Support Group meets at PMH – 5:30 p.m.  
March 11 – Pender County Retired School Personnel meet-11 a.m. (HP)  
March 11– Blind Support Group meets-1 p.m. (HP)  
March 17 – WEAR GREEN – St Patrick’s Day  
March 19– Health Checks offered by PCHD at Topsail  
March 26 – Health Checks offered by PCHD - 11:30 a.m. (HP)  
March 26 – Caregivers Support Meeting – 11:30 a.m. (HP)  
*AARP Tax-aid Tax Preparation offered by appointment (TSC) on Monday and Wednesday afternoons. Call 910-270-0708 for appointment.*



## Bridge Group Wednesday 1:00 pm Heritage Place

Heritage Place Bridge Group  
Is looking for dependable alternates to join us.  
Please call 259-9119 if you are interested and leave your name at the front desk.  
David Luquire will be happy to teach you!  
Wednesday from 1:00-4:30 pm

## Transportation News

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  
PAS-TRAN is accepting  
New Senior (60 and older)  
Nutrition riders  
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.*

**Subscribe to the  
Post & Voice today at:  
www.postandvoiceonline.com**

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

*Don't see anything you are interested in?*

*Make a suggestion!!*

## 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 2:00 ZUMBA Gold 1:00 Tree Top Quilters(2nd) 3:00 Hospice Trg (2nd)	9:00 Baskets /Cribbage 9:00 Geri-Fit 10:00 Senior Crafts & fun 12:00 Meals 2:00 Gentle YOGA 3:15 Advanced Tai Chi 6:00 Line Dancing	9:00 Quilting Bee 9:00 RSVP Perks (1st) 9:15 Beginning Tai Chi 9:30 Knitting Group 12:00 Meals 1:00 Canasta/Bridge 2:00 Rummikub	9:00 Geri-fit/Cribbage 10:00 YOGA 10:00 Bingo 11:15 Interm. Tai Chi 12:00 Meals (BP Checks-3rd) 1:00 Quilting 1:00 Bridge/ Mahjong	11:00 Line Dance 12:00 Meals 12:00 Line dance 2 Caregivers Support ** **Call for info  Saturday –Facility Available for rentals

*Taxes by AARP call for an appointment*

## 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
5:30 RPM Cycling 8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 5:30 BODYPUMP	5:30 RPM Cycling 8:30 Cardio Fit 9:40 YOGA 10:45 FIT OVER 50 5:30 BODY ATTACK 6:30 RPM Cycling	7:00 RPM Cycling 8:30 BODYPUMP 9:50 PILATES  Massage by Appointment 5:30 BODYPUMP	5:30 RPM Cycling 9:30 Gentle Yoga 10:45 FIT OVER 50 5:30 RPM Cycling	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP  Saturday Open 8:00—2:30

*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.*

2020