

Helpful information to enhance senior living provided
by Pender Adult Services

Pass it on...

November
2020



The Pender-Topsail
POST
& Voice


PENDER ADULT SERVICES, INC.



Geri-fit is a weight bearing class that is offered at Heritage Place and Topsail Senior Center outside. Please call the center for more information

What will Thanksgiving look like this year?

By Jennifer Mathews
Pender Adult Services

video chat.

We can still count our blessings. We can still eat some good food. We can still gather with a small group of family or those that are like family. We can still watch Macy's Thanksgiving Day Parade on TV.

COVID-19 has taken a lot from us. But we can still be thankful and celebrate even if it is somewhat different.

What I would ask of you – look out for your neighbors that may be unable to get together with family. Could you give them a call and share a plate of food with them and include them a bit with a phone call?

Call your relatives that you are not gathering with this year. Set a time to share the favorite pie or dessert by phone. If you have a smart phone you can send a photo of what you are having and share the experience. Or you can use Facetime or another app to

Do an untraditional Thanksgiving and eat outside. I know many people who already do oysters on Thanksgiving and we know they are better outside with the chill in the air!

Be thankful. Think of others and practice the 3 W's. We will see the end of this virus. We miss our senior clients, our normal and want this to be over; But it is not over so do not let your guard down.

We will continue to meet together outside for exercise and occasionally for coffee. Outside where the fresh air carries the virus away and the sunshine kills it. We will continue to be as careful as possible but make attempts to help with loneliness and isolation.

We will be closed for Veterans Day Nov. 11 and again for Thanksgiving Nov. 26-27. We still have a few phone appointments for a review of your prescription drug plans for 2021. Open Enrollment ends Dec. 7.

Greetings from the Topsail Center

By Donna Murphrey,
Topsail Center
Coordinator

It is hard to believe November is here already and Medicare Open Enrollment will be over Dec. 7. If you need assistance, we have SHIIP (Senior Health Insurance Information Program) appointments available.

Please call the center at 910-270-0708 Monday thru Thursday 8 a.m. until 4 p.m. to schedule an

appointment. These will be phone appointments only, due to Covid-19.

We are exercising outdoors; Geri-fit, Tuesday at 9 a.m., Thursday at 10 a.m., Beginner's Tai Chi Tuesday at 2 p.m., Advanced Tai Chi Thursday at 9 a.m., and Line Dancing Wednesday at 10 a.m., all weather permitting.

Please call center for details as classes can be full and as NC Covid-19 restrictions ease, and

weather changes, additional classes may be offered or cancelled.

We would like to thank Susan Herrmann for the gift of sweet potatoes for our Meals on Wheels and Congregate clients and Hampstead Women's Club for the cute Halloween bags. A reminder that Topsail Senior Center will be closed Wednesday, Nov. 11 for the observance of Veteran's Day and Thursday, Nov. 26 and Friday,

Nov. 27 for the Thanksgiving Holiday.

To all of our brave men and women serving in our armed forces, we sincerely thank you! We wish everyone a blessed and safe Thanksgiving Holiday and although it may be different this year, we have much to

This Thanksgiving, bring healthy to the table November is American Diabetes Month

By Rebecca Boggs, RN
Pender Adult Services

Pender Adult Services joins with the American Diabetes Association to promote awareness and prevention of Diabetes, a chronic disease affecting nearly 30 million children and adults. Another 86 million Americans are living with Prediabetes.

Unless steps are taken to reverse the trend, as many as 1 in 3 Americans will have diabetes by 2050. This is a devastating statistic as Diabetes has serious complications:

- Diabetes almost doubles the risk of heart attack or death from heart disease
- Diabetes is the leading cause of kidney failure
- Diabetes is the leading cause of blindness in

adults

- Nearly 70 percent of diabetics have nerve damage causing pain, digestion problems or sexual dysfunction

- The rate of amputation is 10 times higher in adults with diabetes

In addition, the national cost of diagnosing, treating, and caring for people with diabetes is already up to \$245 Billion!

Each week in November, the American Diabetes Association will share healthy recipes and tips for how to choose, prepare and serve nutritious food that is delicious! Their goal is to help those living with diabetes and those looking to live a healthier lifestyle achieve health and wellness every single day. Their message is simple:

- Eat Well, America!

More than healthy eating, eating well means savoring delicious food that is easy to prepare.

- Healthy Eating from Start to Finish. Get tips for that will empower you to Eat Well: planning, shopping, preparing, cooking, and serving.

- Lunch Right with Every Bite! Nov. 17 is National Healthy Lunch Day and the Association will provide encouragement to make lunch tastier and healthier every day.

You don't have to give up eating good food to prevent or manage diabetes.

Visit the Association at: www.diabetesforecast.org/adm to receive the tools you need to make eating healthy a fun, delicious, and easy part of your daily life.



Volunteers assisted Feast Down East Oct. 28 passing out fresh produce, diapers, masks and other items. More than 100 cars received items before we ran out. This is a much needed service in Pender county. RSVP volunteers helped control traffic and had time to talk to those on car line about the many opportunities RSVP serves locally.

Fall Safety for your Mind and Body

Tips to improve your mental health

- Maintain a routine
- Get sunshine each day
- Exercise! It's a Huge mood booster
- Participate in a hobby for 30 minutes a day
- Keep you mind active...read a book, magazine.
- Do crossword puzzles, Sudoku puzzles or jigsaw puzzles
- Call a friend

Facts on improving your physical health

- Balance activities can help prevent falls by improving your ability to control and maintain your body position
- Balancing will help strengthen core muscles and these stronger muscles will improve balance
- Spending 5 minutes a day will help you improve your balance and prevent falls.

Movements to improve balance

Heel Toe Raises

Stand next to a surface and hold on to if needed. Push up on your tiptoes, lifting heels off the floor, hold for a couple seconds. Then lower your heels and lift toes off the floor

Single Leg Stand

Stand next to a surface and hold on to if needed. Lift one leg, hold for a couple seconds, then lower. Repeat with other leg.

Sit to Stand

Sit on a chair with feet and knees hip width apart. Stand up and then sit back down. Try not to use your hands for help. Make sure the movement is slow and controlled all the way up and down.

Heel Toe (tigh trope) Walking

Stand next to a stable surface or wall to hold on to if needed. Walk forwards, placing one foot directly in front of the other. Try to place heel of one foot as close as possible to the toes of your other foot

Under the Pines at Topsail

- Geri-fit Tues at 9 a.m.; Thurs at 10 a.m.
- Beginners Tai Chi – Tues at 2 p.m.
 - Tai Chi – Thurs at 9 a.m.
- Line Dancing- Wed at 10 a.m.

Call 270-0708 for details

INFORMATION PLEASE – WE ARE HERE TO HELP

Please call Heritage Place at 259-9119 X 309 (Or Topsail 270-0708) 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
Volunteer Opportunities	Senior Games



Busy Bee Quilting group presented a comfort quilt to Judith. She recently lost her husband and father and the group wanted to "comfort" her. Thank you to the Busy Bee's for all they are doing for our community!

Memorial and Honorary Giving Program

In Memory of

Frances Hobbs

By Kathy & Mike Griffin

By Horace & Teresa Marshburn

Contributions have been received recently from Ellen Riportella

Topsail Island Association of Realtors

Willarlea Ruritan Club

Thank you for your contributions

Special Thanks to

Hampstead Women's Club

for your special gifts to our homebound clients

The Laurels of Burgaw

For your special gifts for our Bingo day

RSVP Meals on Wheels Volunteers

For being in daily contact with our homebound

RSVP Call Care Volunteers

For telephone well checks

PASTRAN

For daily contact with our van nutrition clients

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.

Help with Medicare

The Part D LIS provides extra help for people with Medicare who have limited income and resources by helping to pay their Medicare prescription drug benefit costs. Certain groups of

Medicare beneficiaries automatically qualify for LIS. Other individuals with limited incomes and resources who do not automatically qualify can apply for the subsidy and have their LIS

eligibility determined by either SSA or their State Medicaid Agency.

If you are receiving extra help with your medications, pay particular attention to mail requiring you to re-certify,

so that you may continue to receive this benefit.

Medicare open enrollment continues until Dec. 7. We are doing appointments to review your Part D or Medicare Advantage by phone.

WORLD PEACE DAY

Tuesday, November 17

Wear Blue or Green or "Peace" outfit

Activities for the day – Heritage Place Pavilion

• 9 a.m. Geri-fit – Weight-bearing exercises with balance

• 10 a.m. Coffee Break – socialize

• 10:30 a.m. Sit & Stretch – bands, mobility and balance

• 11 a.m. Fun activities – group games, socializing

• 11:30 a.m. LUNCH (please reserve your meal)

• Noon: Depart

PRACTICING THE 3 W's – wear, wait & wash

Please RSVP by calling 259-9119 X 303

(leave your name and phone number)

Van clients – call PASTRAN to reserve your ride

HP WEEKLY ACTIVITIES - Outside

Mon – Thurs Drive Through meals – 11:30 a.m.

Tues/Thurs 9 a.m. Geri-fit

Tues – 10 a.m. Crochet Group Meets

Tues – 1 p.m. Busy Bee Quilters meet

Group Exercise Fitness Fusion

Medicare phone appointments

Adjusting to changes

• **How are you adjusting to the time change?** Time changes in the fall and spring inevitably alter people's schedules. It can take the body up to a week or more to adjust. Until then, falling asleep and waking up later can be harder. If you are getting seven to eight hours of sound sleep and go to bed a little early the night before, you may wake up feeling refreshed.

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• **What is your favorite book?** National Book Lovers Day is Saturday, Nov 7. A good book is a helpful, thought-provoking escape from the "2020" that we have had. I like a good book and a good cup of coffee when the days are darker, and the nights are longer...

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Celebrating the Red, White & Blue Tuesday, November 10 Wear Red, White & Blue

Outdoor Activities for the day – Heritage Place Pavilion

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• Noon: Depart

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Please RSVP by calling 259-9119 X 303

(leave your name and phone number)

Van clients – call PASTRAN to reserve your ride

Weather Permitting – above 50 degrees & dry (not raining)



Subscribe Today

Subscribe online at

www.postvoiceonline.com

or call 910.259.9111.

DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?



910-259-0422

903 S Walker Street, Burgaw



Welcome Back



WEAR

MASK REQUIRED

For entry but not during exercise

GROUP FITNESS CLASSES At Heritage Place Pavilion

ALL CLASSES BY RESERVATION ONLY! - Call the gym to reserve your spot!

6 am – 8 pm	6 am – 8 pm	6 am – 8 pm	6 am – 8 pm	6 am – 8 pm	8 am – 12 noon
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 Body Pump	6:30 RPM	7:30 Body Pump	6:30 RPM	7:30 Body Pump	Equipment only
9:00 Fit Over Fifty	9:00 Geri-fit	10:45 Pilates	9:00 Geri-fit	Zoom Pilates	Close at noon
5:30 Body Pump	5:30 RPM		5:30 RPM		Sunday CLOSED