



Pass it on...

The Pender-Topsail
POST
& Voice

October
2017



The best fall color is pink

It's that time of year again when the temperatures begin to fall and there is a crispness in the air. Football lovers are gearing up to support their favorite teams and nature is beginning her display of those fabulous fall colors: red, orange, brown, and pink?

That's right! *Pink!* October is National Breast Cancer Awareness month. The iconic pink ribbons selected by the National Cancer Society to symbolize breast cancer awareness are everywhere! Even your favorite NFL team will be proudly wearing Pink showing their support.

This October, Pender Adult Services is proud to participate in raising awareness about breast cancer. We are planning a Wear Pink Day Oct. 12. Please participate by wear pink any time during the month but especially Oct. 12.

Breast cancer is the second leading cause of cancer among women. In fact, one in eight women born today can expect to have breast cancer at some point in her life. While the statistics are scary, there is good news.

When detected early, the five-year survival rate is more than 98 percent. So what can you do? Begin today to develop an early detection plan. Your plan should include a discussion with your doctor about regular screening for breast

cancer.

Depending on your personal history and risk factors, your doctor may recommend annual mammograms and clinical breast exams. All women, beginning in their 20s, should examine their breasts monthly.

Monthly self-exams make you familiar with your breasts and what is normal for you. This will help you detect changes early!

•What should you report to your doctor?

- Any lumps
- Swelling around the breasts, collarbone, or armpits
- Changes in the skin on the breasts such as dimpling or redness

- Breast warmth or itching
- Changes in the nipple
- Discharge from the nipple
- Pain

In addition to an early detection plan, the most important thing you can do to prevent breast cancer, or cancer of any kind, is to make healthy lifestyle choices:

- Maintain a healthy weight or lose weight if you need to
- Exercise at least 30 minutes most days and stay active during the day
- Increase your intake of fruits and vegetables
- Do not smoke!
- Limit alcohol

So this October, enjoy the cooler weather, cheer for your



The rocking chairs at Heritage Place are put to good use each day. After lunch it is standing room only as seniors sit and visit with each other.

Heritage Happenings

By Jennifer Mathews

I hope you're looking forward to some cooler temperatures as fall arrives. It will be a welcomed change as the humidity departs and the fall colors arrive.

What a wonderful time to get out and walk. I hope that you have heard about our Arthritis Foundation Walk with Ease Program we are starting at Heritage Place. We will begin meeting Oct. 3 Tuesday and Thursday morning at 10 am.

The goal is to get you moving. If you suffer from arthritis there is research indicating that walking increases fluidity in the joints. The program contents are based on the latest research in exercise science, plus lots of hand-on, helpful suggestion from thousands of people both with and without arthritis, who have shared their experiences to help make walking work for them.

We will meet for nine weeks two times a week. The program encourages beginning with at least 10 minutes of walking three to five times a week. By the end of the program the goal is to be walking 45 minutes three to five times a week. If you were interested in joining us please call Jennifer Mathews at 259-9119 extension 303.

There are many upcoming activities for the month of October including a breast-cancer awareness Wear Pink Day Oct. 12. We also have flu shot scheduled at both centers. Call Heritage Place at 259-9119

to make an appointment for Oct. 19 or Topsail at 270-0708 to make an appointment for Oct. 24. A busload will be taking a day trip to the N.C. State Fair on Senior Citizen's Day.

Open enrollment for Medicare part D is coming quickly. You may set an appointment between Oct. 15 and Dec. 7 with one of our SHIIP volunteers. We can help you make an informed decision about your part D plan. We also meet with seniors to review Medicare assistance programs, supplemental plans and assist seniors that are new to Medicare. For a Burgaw appointment, please call 259-9119, press 0. For Hampstead appointment, please call 270-0708.

We are participating in a North Carolina Senior Center outcomes survey. If you were active at either of our centers please take five minutes to complete the survey.

The purpose of the survey is to help senior center to continue being funded. It is anonymous and confidential. The results will be shared with our Representatives and also with senior centers.

We have just published a trip to Denver and Colorado Springs for August 2018. The six day/five night package includes airfare and motor coach transportation in Colorado.

If you are interested in receiving more information you may contact Jennifer at Heritage Place or Donna at Topsail Senior Center to get more information. Information will be available in December for other trips for 2018.

Topsail Center news

By Donna Murphrey

We are having a good time at Topsail with Senior Crafts started back again on Tuesday after a very informational six-week nutrition class presented by NC Cooperative Extension. We had fifteen ladies who created candle holders out of wine corks and more importantly enjoyed their time together. Basket weaving class started back after the summer break and it was great to see Peggy Casey and those wonderful

baskets taking shape again.

So if you are interested in basket weaving or chair caning, now is a good time to join.

Call us and make your flu shot appointment for Oct. 24. We appreciate the cooperation of the Pender County Health Department. They do monthly health checks on the third Thursday.

Our line dancing class is increasing in number and our Pilates, Geri-fit, Yoga and Tai Chi classes are going strong. So avoid the heat, come on in

and get fit with us. You can also show off those dance moves at our End of Summer Social and Dance Friday, Sept. 30 from 6:30-9 p.m. with DJ, light refreshments, and beer/wine for a small donation.

Tickets are \$5 if purchased ahead and \$6 at the door. Please come and join the fun, the DJ will spin whatever tunes you would like to hear old or new. Even if you don't dance, you can come watch those of us who do, laugh and have a good time!

RSVP News

The Retired Seniors Volunteer Program is anxiously awaiting our start dates to return to Pender County schools and begin working with students on reading skills. Reports last June showed increase in levels of reading when students had a one-on-one Reading Buddy.

One elementary school showed a student way behind reading level that grew nine levels by end of school year. Another showed growth of six levels which brought student up to current grade levels.

At a recent training class volunteers shared positive experiences and the joy it brought them personally when a child responded to their help. Volunteers understand that every child learns differently and sometimes we need to discover what makes that child tick.

RSVP is fortunate to have three exceptional retired special education teachers that can assist us with new ideas and avenues to reach the child's learning curve. LD does not mean learning disabled, let's think of it as learning differently and RSVP

feels we will have another awesome year. So at this time RSVP is looking for a few more volunteers to fill some spots in elementary schools in Pender County. Your commitment is two-four hours one or two days a week. Please call Barbara Mullins 910-259-9119 (329) for more information.

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Common colds: protect yourself and others

Sore throat and runny nose are usually the first signs of a cold, followed by coughing and sneezing. Most people recover in about 7-10 days. You can help reduce your risk of getting a cold: wash your hands often and avoid touching your face with unwashed hands.

Most people get colds in the winter and spring, but it is possible to get a cold any time of the year. Symptoms usually include: sore throat, runny nose, coughing, sneezing, headaches, & body aches

Most people recover within about 7-10 days. However, people with weakened immune systems, asthma, or respiratory conditions may develop serious illness, such as pneumonia.

How to protect yourself

Viruses that cause colds can spread from infected people to others through the air and close personal contact. You can also get infected through

contact with stool (poop) or respiratory secretions from an infected person. This can happen when you shake hands with someone who has a cold, or touch a doorknob that has viruses on it, then touch your eyes, mouth, or nose.

Help reduce your risk of getting a cold by washing hands often with soap and water. Practice good cough and sneeze etiquette: always cough and sneeze into a tissue or your upper shirt sleeve, completely covering your mouth and nose.

You can help reduce your risk of getting a cold:

- Wash your hands often with soap and water Wash them for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Viruses that cause colds can live on your hands, and regular handwashing can help protect you from getting sick.
- Avoid touching your eyes,

pletely covering your mouth and nose.

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- Wash your hands often with soap and water Wash them for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Viruses that cause colds can live on your hands, and regular handwashing can help protect you from getting sick.
- Avoid touching your eyes,

nose, and mouth with unwashed hands Viruses that cause colds can enter your body this way and make you sick.

•Stay away from people who are sick Sick people can spread viruses that cause the common cold through close contact with others.

How to protect others
If you have a cold, you should follow these tips to prevent spreading it to other

Flu Shot Clinic

Heritage Place, Thurs, October 19
9 a.m. until 3 p.m.

Call 910-259-9119 to make an appointment in Burgaw
Topsail Senior Center, Tues, October 24
9 a.m until 2 p.m.

Call 910-270-0708 to make an appointment in Hampstead
PLEASE BRING YOUR INSURANCE CARDS
Adults with no insurance: Regular dose \$40
High Dose \$65 (65 yr +)
Can't make this day?
Please call the PENDER COUNTY HEALTH
DEPARTMENT At 910-259-1230
Administered by Pender County Health Department

Medicare Open Enrollment Period October 15 – December 7

RALEIGH — Each year during the Open Enrollment Period, Medicare beneficiaries have the opportunity to compare and evaluate their current plans and make changes as necessary. By comparing plans during the Open Enrollment Period, Medicare beneficiaries can save money and make certain that their 2018 plan will be the best for their needs.

The Open Enrollment Period begins on Oct. 15 and runs for 8 weeks to give you enough time to review and make changes to your Medicare coverage. All changes must be made by Dec. 7 to ensure that your coverage can begin without interruption on Jan. 1.

"Comparing Part D plans annually is imperative to insuring that the Medicare beneficiary has the best coverage for their prescription needs," said North Carolina Insurance Commissioner Mike Causey. "The staff from SHIIP, the Seniors' Health Insurance Information Program, are available to help over the phone or in-person in all 100 counties in North Carolina."

SHIIP is a division of the North Carolina Department of Insurance and offers free, unbiased information about Medicare, Medicare prescription drug coverage, Medicare Advantage, long-term care insurance and other health insurance issues. In addition to helping Medicare beneficiaries compare and enroll in plans during the Open Enrollment Period, SHIIP counselors can help people find out if they are eligible for Medicare cost savings programs.

Here are some of the ways to review and compare plans available for 2018:

- Get one-on-one help from your local SHIIP office by calling:

NAME: Heritage Place, Burgaw PHONE: (910)259-9119

- Visit www.medicare.gov/find-a-plan to compare your current coverage with all of the options that are available in your area, and enroll in a new plan if you decide to make a change.
- Review the Medicare & You handbook. It was mailed to people with Medicare in September.
- Call 1-800-MEDICARE (1-800-633-4227) 24-hours a day, seven days a week, to find out more about your coverage options. TTY users should call 1-877-486-2048.

For more information about SHIIP and the Medicare Open Enrollment Period, call 1-855-408-1212 or visit www.ncshiiip.com.



Licensed CNA Positions Available

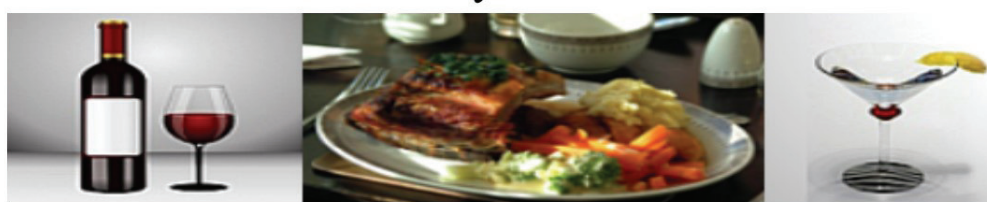
Pender Adult Services is hiring CNA's.
All areas including Burgaw, Rocky Point,
Currie, Maple Hill and Hampstead.
Must have reliable transportation.

Contact Anna or Roz at 259-9119 ext. 2

Silent Auction

Thursday November 9th 6:00 pm

Annual Gala 2017



Advance Ticket Purchase Required — \$ 25.00 per person

Come join us!

We've planned an elegant evening!

DJ Music — Dancing — Martini Bar — Chocolate Bar
Bidding on Items — Specialty Food Stations



**CALL 259-9119
For Tickets &
More Information**



A Benefit for the Meals on Wheels Program

PENDER ADULT SERVICES, INC. P. O. BOX 1251, BURGAW, NC 28425

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

Colds

Continued from front

people:

- Stay at home while you are sick
- Avoid close contact with others, such as hugging, kissing, or shaking hands
- Move away from people before coughing or sneezing
- Cough and sneeze into a tissue then throw it away, or cough and sneeze into your upper shirt sleeve, completely covering your mouth and nose
- Wash your hands after coughing, sneezing, or blowing your nose
- Disinfect frequently touched surfaces, and objects

such as toys and doorknobs

There is no vaccine to protect you against the common cold.

Practice good cough and sneeze etiquette: always cough and sneeze into a tissue or your upper shirt sleeve, completely covering your mouth and nose.

How to feel better

There is no cure for a cold. To feel better, you should get lots of rest and drink plenty of fluids. Over-the-counter medicines may help ease symptoms but will not make your cold go away any faster. Always read the label and use medications as directed. Talk to your doctor before giving your child nonprescription cold medicines, since some medicines contain ingredients that are

not recommended for children. Learn more about symptom relief of upper respiratory infections, including colds.

Antibiotics will not help you recover from a cold. They do not work against viruses, and they may make it harder for your body to fight future bacterial infections if you take them unnecessarily. Learn more about when antibiotics work.

When to see a doctor

You should call your doctor if you have one or more of these conditions:

- a temperature higher than 100.4° F
- symptoms that last more than 10 days
- symptoms that are severe or unusual

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

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	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	9:30 Knitting Group	10:00 Bingo	12:00 Line dance 2
1:00 Tree Top Quilters(2nd)	12:00 Meals	12:00 Meals	11:15 Beg. Tai Chi	Caregivers Support **
3:00 Hospice Trg (2nd)	2:00 Gentle YOGA	1:00 Canasta	12:00 Meals (BP Checks-3rd)	**Call for info
	3:15 Advanced Tai Chi		1:00 Quilting Class	Saturday –Facility
			1:00 Mahjong/BRIDGE	Available for rentals

October

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	5:30 RPM Cycling	7:00 RPM Cycling	5:30 RPM Cycling	8:30 BODYPUMP
8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	9:40 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			Saturday
4:00 RPM Cycling	5:30 BODY ATTACK	5:30 BODY PUMP	5:30 RPM Cycling	Open 8:00—2:30
5:30 BODYPUMP	5:30 RPM Cycling	Massage by Appointment	5:30 BODY ATTACK	8:30 RPM Cycling
				8:30 Body Attack