



Pass it on...

The Pender-Topsail
POST
& Voice

September
2017


PENDER ADULT SERVICES, INC.

September is Healthy Aging Month

By Rebecca Boggs, RN

About 15 years ago Carolyn Worthington, editor-in-chief of Healthy Aging Magazine, recognized a need to create resources aimed at educating people about the positive aspects of aging.

September is Healthy Aging Month was born and every year the Healthy Aging Campaign helps people become aware of all the factors that contribute to successful aging. Take time this month to celebrate life and turn over a new leaf! Need some ideas? Here are some tips from Healthy Aging Magazine:

•Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: •Don't keep looking in the mirror, just FEEL IT!)

•Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)

Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)

•Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)

•Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day

until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)

•How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)

•Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)

•Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)

•Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

•Find your inner artist. Who says music lessons are for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

Regarding Healthy Aging Magazine, Carolyn Worthington says "we are about vibrant, active 45-plus people who are taking charge of their lives, following their passion, and who are happily looking forward to what's next in life." Are you interested in more Healthy Aging resources? Sign up for a free Healthy Aging newsletter at: www.healthyaging.net

Have arthritis but want to move more?

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six-week Walk with Ease program can teach you how to safely make physical activity part of your everyday life.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

The Walk with Ease program is offered as a self-guided course or may be held in a community setting.

Get support in a group

setting as you follow the six week Walk with Ease program. Classes will be taught at Pender Adult Services this fall.

Informational meeting will be held August 30 at 1 p.m. or call Jennifer Mathews at 910-259-9119 extension 303 for more information.

Thank you to Duke Progress, Four County Electric and Fran's fans
For your support of
Operation Fan Heat Relief 2017



RSVP volunteers enjoyed the fall recognition dinner at Topsail Senior Center in August.

RSVP News

By Barbara Mullins
RSVP Director

Topsail Senior Center was in full swing with 70 RSVP volunteers celebrating a successful year volunteering in Pender County. Irv's Signature Catering provided a wonderful feast of hamburgers, hot dogs, chicken and lots of fix-

ins. Steve Merritt and Annie Sharp entertained us with their fiddle, bass, viola, guitar and singing. Thank you to the RSVP Board members for planning such a fun evening and to all our RSVP volunteers in Pender County that every day make a difference in the life of our seniors and school children.

Volunteering is a way to reward yourself with good health. Bryan Huffman (96 years old) and Jane Niederberger (92 years old) are perfect examples that there is no ceiling to stop you from being a volunteer. Both have birthdays this month and we are so thankful for the wisdom, love and patience they add to our

program. RSVP consists of volunteers 55 and older. Our work in Pender County thrives by those wanting to be an intricate part of keeping our seniors living independently at home.

If you would like more info on volunteering 2-3 hours a week call Barbara at 910-259-9119 (ext 329).

September activities, classes at Pender Adult Services

August has been terribly hot and wet. We are hoping for a fall breeze to dry our area.

Some of our classes took a summer break and you did too! Donna and Jennifer hope to be giving you a hug soon as you come back into our Heritage Place and Topsail Senior Center soon.

A few classes are getting started back. **Monday Art at Heritage** will begin Sept. 11 at 9 a.m. There is a fee for this six-week class. You get 15 hours of instruction for \$50. Please call Maureen McKenna at 631-312-6102.

She will tell you what supplies you need and more about your opportunity to learn watercolors, acrylic or oil in this stress-free class where fun and socialization is en-

couraged.

We also have a regular **Art group** that meets at Topsail Monday morning at 9. **Basket Class** will start back with Peggy Casey Sept 12 (TSC) or Sept 13 (HP). Both of these classes begin at 9 a.m. The fee for this six-week class is \$18 (60 and older) and \$28 (59 and younger).

Jewelry Class (HP) has been shifted to Thursday morning from 10 a.m. until noon. Anna Eubanks will lead you in jewelry repair and creation. Cost for this class is \$8 (60 and older) and \$15 (59 and younger).

Quilting groups meet weekly Tuesdays (HP) 1 p.m., Wednesday (TSC) 9 a.m. and Thursday (TSC) 1 p.m. Our **Burgaw group** has a new plans with several ideas com-

ing from a new member and volunteer leader Patty Benjamin. They are working on a friendship quilt and have other projects lined up for the fall. Our **Tree Top Quilters** meet monthly at Topsail (second Monday at 1 p.m.)

We have many opportunities for you to socialize, learn or exercise at our centers. Please look at the schedule. **Geri-fit, Pilates, Tai Chi and Yoga** are all offered. We are looking at a new program called **Walk with Ease**. This is a program to get people walking that suffer from arthritis and lack of motivation.

We hope this class will establish several walking groups from our clients. Walking is safer and puts less stress on the body than

most other forms of aerobic exercise. We will have an informational meeting at Heritage Place Aug. 30 at 1 p.m.

Healthy Aging Week is Sept. 25-30. Our centers have a **Fall Prevention and Balance Education Program** has been planned Sept. 26. Topsail Senior Center will host their program at 10 a.m. Heritage Place will hold their program at 11 a.m.

Area Rehab/Balance Specialists will be sharing helps and tips for preventing falls as a part of Healthy Aging Week. We also have an **End Of Summer Social and Dance** at the Topsail Senior Center Sept. 29. Tickets are \$5 in advance to cover DJ expense. Light Refreshments will be served.

Prescription Assistance Coordinator

Individual needed to manage Prescription Assistance program providing low or no cost prescriptions to eligible clients. Must have experience with computers and software programs. Training provided with specific software to determine client eligibility and search for needed prescriptions. Ability to work independently, maintain accurate records and ensure confidentiality. Must maintain professional and amicable relationship with clients and staff. Background Check required.

Forward application or resume to:

Wesley B Davis, Executive Director

Pender Adult Services, P O Box 1251, Burgaw, NC 28425

Pender Adult Services



October 17, 2017
Cost: \$25 transportation fee
call 259-9119
for more information

Pender Adult Services September 2017

Sept 4 – Closed for Labor Day

Sept 5 – RSVP Perks 9 a.m. (HP)

Sept 6 – RSVP Perks 9 a.m. (TSC)

Sept 11 – Patriots Day Memorial Services – 12:30 p.m. (HP)

Sept 13 – Blind Group Meeting,
contact Patricia Miller 259-1464, 1p.m. (HP)

Sept 18 – Bowling at Ten Pin Alley –sign up at front desk

Sept 21- Health Checks (TSC) 11:30 a.m. until 1 p.m.

Sept 26 – Fall Prevention 10 a.m. (TSC) 11 a.m. (HP)

Sept 28 - Health Checks (HP) 11:30 a.m. until 1 p.m.

Sept 28 – Caregivers Support Meeting 11:30 a.m. (HP)

Sept 29 – End of Summer Social & Dance 6:30 p.m. (TSC)

For more information – call 910-259-9119

www.penderpas.com

NC STATE FAIR TRIP – OCT 17

Medicare Part D Open Enrollment

Oct 15 – Dec 7

Flu Shot Clinics

Heritage Place on Thurs, Oct 19

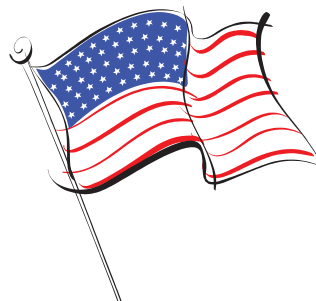
Topsail Senior Center on Tues, Oct 24



Save the date for our
ANNUAL SILENT AUCTION
November 9, 2017

Thank you for your contributions to our
Memorial and Honorary Giving Program
Holy Trinity Episcopal Church
Wardell & Ruby McDuffie

For more information on Pender Adult Services Memorial and Honorary
Giving Program please contact Wesley Davis at 910-259-9119.



9/11 Memorial Service

Monday, September 11, 2017

Pender Adult Services
901 S. Walker Street, Burgaw
12:30 p.m.

End of Summer Social & Dance



Topsail Senior Center
20959 Hwy 17
Hampstead, NC

Friday, September 29, 2017
6:30 - 9:00 pm

Light Refreshments

Advance Tickets: \$5, Tickets at the door: \$6

Let your requests be known
Our DJ has a good variety
beach music, line dances and oldies

Open Enrollment for Prescriptions Drug Plans (Medicare Part D) October 15 – December 7, 2017



Call (910) 259-9119 X 303
to set an appointment with a
SHIP counselor.

We can help review your current
Prescription Plan.

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 (9/11)	9:00 Crocheting	9:00 Basket Class (9/13)	10:00 Jewelry (new time)	
12:00 Meals	9:00 RSVP Perks (1st)	11:00 Bingo	11:00 Geri-fit	11:00 Bingo
1:00 Bid Whist	11:00 Geri-fit	12:00 Meals	11:30 Caregivers Support (4th)	12:00 Meals
1:00 Canasta	12:00 Meals	1:00 Bid Whist	11:30 Health Checks (4th)	
3:00 Lamplighters Chorus (offsite at times)	12:30 Pinochle	1:00 Bridge	12:00 Meals	Saturday—closed
6:00 Line Dance	1:00 Rummikub	1:00 Blind Support (2nd)	1:00 Rummikub	Facility Available
	1:00 Quilting Group		1:00 Mexican Train	For Rentals
	1:00 Knitting Group		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 (9/12)	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

Sept 2017

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

	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

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.