



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

April  
2018



## Warning Humor may be hazardous to your illness

To celebrate National Humor Month, following is a list of reasons why laughter really is the best medicine!

- Natural pain killer: Laughter releases endorphins creating a momentary euphoria. Endorphins attach to the same receptors in the brain as opiates, making laughter a natural pain killer without the negative side effects.

- Natural mood lifter: Along with endorphins, other neuropeptides and neurotransmitters, like dopamine, are released. This has the effect of a “joy” cocktail on the body, enhancing feelings of happiness, tolerance, generosity, compassion and love.

- Improves brain function: Laughter also releases neurotransmitters that enable your brain to function faster and make connections more rapidly, improving clarity, memory and understanding. In addition, the process of laughing increases the amount of oxygen flowing to the brain which is crucial to brain health.

- Reduces blood pressure and improves circulation: Studies have shown that a good belly laugh initially increases blood pressure but that rise is followed by a decrease to below normal resting blood pressure, improving circulation.

- Fights Cancer, and asthma, and rheumatoid arthritis, and allergies and many more diseases and infections – Laughter stimulates development of antibody cells improving the body’s natural ability to

fight illness and infection. Laughter has also been shown to decrease the levels of some stress hormones. This further strengthens the immune system since high levels of stress hormones can have a harmful effect.

- Improves sleep quality and prevents insomnia: Laughter has been clinically proven to cause the body to produce more melatonin, which is responsible for regulating the sleep cycle. A lack of melatonin leads to insomnia.

- Increases social connections and improves relationships: We all know that laughter is contagious. Shared laughter helps strengthen the emotional connection between people, building trust and closeness. Laughter is a key tool for keeping relationships healthy and fresh.

- Promotes natural exercise and healthy diet choices: It is impossible not to wiggle when you giggle! Laughter engages the body’s core muscle groups and diaphragm as well as various other muscle groups in the body. That’s why you can literally “laugh til it hurts”. Studies have also shown that when people feel good (see all the above benefits) they tend to make healthier food choices.

So there you have it! In the words of Mary Pettibone Poole, “He who laughs, lasts.”

Need to up your laughter quotient? Find numerous resources and tips at: [www.humormonth.com](http://www.humormonth.com)



It’s beginning to look a lot like spring at Topsail Senior Center. The ladies made beautiful pastel colored mesh wreaths in crafts over the last two weeks under the direction of RSVP volunteer Barbara Norris. Pictured left to right front row: Mary Morrison, Louise Shepard, Emily Bradley, Fran Nelligan & Pat Coyle, back row: Josie Migliara, Shirley Dickinson, Francis Bowser, Ramona Belford, Barbara Norris, Sonja Morrell & Bernice Simone.

## Heritage Happenings

We’ve had a quick and busy March here at Heritage Place. We began the month with Wear Blue Day - colon cancer awareness and had lots of fun with our program, especially the “soul-train.” Special thanks to Pender County Health Department for helping us with our program and

co- sponsoring the event. We have recently completed a Matter of Balance class. We want to thank Samantha and Sarah with the Health Department for providing that educational class.

We are currently planning our spring auction at Topsail April 26. The Cape Fear

Chords Men will be providing entertainment. This is our big fundraiser for Topsail Meals on Wheels and the Senior Programs. Everyone always enjoys this evening for a great cause!

We have other fun planned for National Humor Month. So we hope you will realize

the benefits of a good laugh. We will celebrate the pursuit of happiness day April 13. We have many opportunities for you to be involved and are always open to suggestions for new programs and activities. Call Jennifer Mathews, center coordinator at 259-9119 x 303.



Participants at the Heritage Place Blues Day enjoy the “Soul Train.”

## RSVP celebrates National Volunteer Appreciation Month

By Barbara Mullins  
RSVP Director

Retired Senior Volunteer Program is celebrating National Volunteer Appreciation month Tuesday April 3 at 9 a.m. at Heritage Place in Burgaw and Wednesday, April 4 at 9 a.m. at Topsail Senior Center, Hampstead.

We have invited prestigious people in our community to join us for a game of RSVP Jeopardy. They will be our contestants and surely a fun morning is planned for all. Coffee and light refreshments will be served.

Three of our Pender County mayors will be reading Pro-

clamations in support and praise of our RSVP volunteers throughout Pender County. Community is welcome to join us and see what great opportunities there are with RSVP.

Our volunteers are all more than 55 years of age and enjoy fun experiences together, awesome speakers (with varied topics of interest) every month at our Perks meetings, share their expertise in past careers and life skills.

It is proven fact that volunteering promotes healthier living and happier lives. Please consider coming to this event and check out the fun we have together. For more information, call 910-259-9119 (ext 329).



Our Topsail Quilters would love for you to join them. Wednesday mornings or Thursday afternoon. They make beautiful quilts. The Heritage Place group meets on Tuesday afternoons.

# wear blue day 2018







Join Fran and Anna and create beautiful jewelry. Thursday mornings at 9 a.m.



Topsail Senior Center will host their Silent Auction April 26 featuring the Cape Fear Chordsmen. Tickets are available now. Items are being accepted for the silent auction.

“Generation to Generation Event”



WHEN: Wednesday March 28th  
TIME: 10:00 AM to 1:00 PM  
WHERE : HERITAGE PLACE, PENDER ADULT SERVICES, BURGAW



STUDENTS FROM PENDER EARLY COLLEGE  
WILL BE HERE TO HELP WITH PROBLEMS YOU  
HAVE WITH YOUR CELL PHONE, TABLET, AND  
LAPTOP  
PLEASE HAVE YOUR ITEM CHARGED AND  
BRING YOUR CHARGER WITH YOU !

April Calendar  
Pender Adult Services

- April 5 - AARP Tax Aide continues at Topsail (M & W 1-5 p.m.)
- April 3 – RSVP Perks - 9 a.m. (HP)
- April 4 – RSVP Perks - 9 a.m. (TSC)
- April 9 – Bowling at Ten Pin Alley
- April 10 – “Generation to Generation” technology help  
10 a.m. until 1 p.m. (HP)
- April 11 – Retired Pender County School Personnel Meeting – 11a.m.
- April 11 - Blind Group Meeting 1p.m (HP)
- April 13 – “Pursuit of Happiness” Day
- April 16 – AARP Tax Aide – Last day(TSC) 1-5 p.m.
- April 17 - Thank a Volunteer – National Volunteer Week
- April 19 - Health Checks – 11:30 a.m. (TSC) sponsored by PCHD
- April 26 – Health Checks – 11:30 a.m. (HP) sponsored by PCHD
- April 26 – Caregivers Support Meeting 11:30 a.m. (HP)
- April 26 – Auction at Topsail – 6 p.m. (TSC)

Topsail Silent Auction with the Cape Fear Chordsmen  
Get your tickets now!  
\$20 per person for Dinner and entertainment!

Memorial and Honorary  
Giving Program

In Memory of  
Carol Clearman  
by Heritage Place Knitting Group  
Contributions from  
Emma B Anderson Memorial Chapel  
Wardell & Ruby McDuffie  
Willarlea Ruritan Club  
Thank you for your contributions

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.

“Like” us We’re now on 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

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 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

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 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

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.

2018