



Pass it on...

The Pender-Topsail
POST
& Voice

August
2020



What is Options Counseling?

Options Counseling is a person-centered, interactive and decision-support process. The main purpose is to help individuals identify and understand their needs.

Options Counseling includes:

- listening to the individual express his/her preferences, values, service needs, and circumstances
- engaging in conversation for a joint exchange of information and possible options that are tailored around the stated needs and preferences
- providing support that leads the individual to make informed choices about long-term services and supports
- connecting the individual, when it is his/her choice, to public/private services and/or informal supports
- following-up with the individual with the ultimate goal to support the individual to live in his/her community of choice

Options Counseling involves building relationships with individuals and helping them to identify their goals and preferences and weigh the pros and cons of their options. This occurs through in-person meetings, possible conversations with family members, and follow-up.

Options counselors help individuals consider a range of possibilities when making a decision about long-term services and supports and encourage planning for future needs.

Options Counseling can also help younger individuals plan ahead for their future long-term service and support needs.

Examples of situations

when Options Counseling might be offered include:

- When an individual has an unmet need for which there is more than one service alternative
- Has had recent change in his/her life situation
- Has long-term services and supports needs but is unsure about how to access them
- Requests transition assistance from one living setting to another
- Is admitted to the hospital
- Lacks awareness of existing community resources and supports
- Has multiple needs, behavioral health needs or an ongoing illness
- The person acting on his or her behalf, requests or indicates an interest in receiving information or advice concerning long-term services and supports options is referred to the CRC by a hospital, nursing home, assisted living home, community-based service provider, or other agency.

Desired outcomes of Options Counseling include:

- Individuals and families make service and support choices that fit well with their needs, goals and preferences – even as these change over time
- Individuals achieve or maintain a high degree of independence and control in their daily lives
- Individuals and families are able to get the services and supports they need and are better able to make good use of their own resources over time.

If you are in need of Options Counseling – Please call Jane Johnson at PAS –(910) 259-9119 extension 309



The portico at Heritage Place provides shade for a senior-fit class at Heritage Place. This class is enjoying a birthday celebration of one of the 90-plus-year old clients

Take charge of your health Simple strategies to build a healthy immune system

By Rebecca Boggs, RN
Pender Adult Services

August is national immunization awareness month. Vaccinations play a vital role in protecting us from specific infections by helping our immune system recognize those specific toxins to enable a faster response when exposed.

While scientists are working tirelessly to develop a COVID-19 vaccination, there are steps you can take now to strengthen your immune system.

1. Focus on healthy, immune boosting foods: Include lots of colorful fruits and vegetables in your daily diet. Choose whole, unprocessed foods and avoid sugar. Add sources of prebiotics and probiotics such as artichokes, asparagus, yogurt, kefir, and sauerkraut.

2. Ask your doctor about vitamin D supplementation. Most people are deficient in vitamin D. There is evidence that Vitamin D play a critical role in healthy immune function.

3. If you are overweight, work with your doctor to develop a plan to lose weight. Excess weight

weakens immune function.

4. Limit or avoid alcohol. Even small amounts of alcohol disrupt immune function.

5. If you smoke...Now is the time to quit! Smoking harms your immune system.

6. Increase your activity. Regular exercise has many healthy benefits including increasing resistance to infections. Consider adding a 30 minute or more daily walk.

7. Get outside! There is evidence that being in nature and exposed to sunlight boosts immune function. Take your walk outside and double the benefit!

8. Develop a regular sleep routine. Healthy adults need at least 7 hours of sleep nightly, preferable without the aid of medications. All the above strategies will help you sleep better. If you are having difficulty sleeping, talk with your doctor. Sleep deprivation weakens immune function.

9. Reduce stress. Consider daily stress management techniques such as prayer, meditation, or yoga. Chose activities that promote calmness,

such as listening to music, working on arts and crafts, or reading happy books. Chronic stress weakens immune function.

10. Adopt a positive mindset. Attitude really is everything! While this pandemic can be scary, the thoughts you tell yourself are crucial to your well-being. Consider limiting your time watching the news.

When you are aware of fearful or negative thoughts, change them to positive. While there are many unknowns, there

are things that are certain. You are loved. Tell yourself that everyday. Capture those negative thoughts and reframe them. You may feel isolated, but you are not alone. Reach out to family and friends regularly.

Right now, it is important to limit exposure to COVID-19. Stay home, stay six feet away from others, and wear a mask. And while you are avoiding exposure, try some or all the strategies above to give your body the best chance at staying healthy!

RSVP update

The Retired Senior Volunteers Program (RSVP) remains active and vivid in Pender County. Seniors in Pender County – please be aware that we can help you! COVID19 is real. It affects us physically and emotionally and it adds stress to our lives.

But RSVP can help. Our hotline is here to assist you with food assistance (thru food pantries or help grocery shopping), help to/from doctor appts, referrals for assistance, rides to cancer treatment centers in Wilmington, friendly phone calls (to ease loneliness), provide masks for your safety, be put on our

Call Care list for check-in calls bi-weekly, picking up pharmacy needs.

Please call our RSVP Director at: 910-259-9119 (ext. 329) Leave message and your call will be returned as quickly as possible. There is no need for anyone to feel alone – we are in this together.

In addition, should your agency need additional volunteers, at this time we are happy to share, please contact our office and we will do our best to serve. Together as a team, we can make wonderful things continue to happen in Pender County.

Topsail Center news

Although we are closed for activities, we have a couple of morning classes outside under our tent; a Senior-Fit exercise program with weight bearing exercises on Tuesday, 8:30 -9:15 a.m. and Advanced Tai Chi on Thursday 9-10 a.m.. Both of these classes practice social distancing and masks must be worn until you can maintain that distance of six feet apart. If you would like to attend, you must call to confirm (910) 270-0708, for class size cannot exceed 15 people due to social distancing measures.

Summer has arrived in Hampstead bringing along with it the usual heat and humidity. If you are having a hard time with the heat, we still have three fans to give away; you must be at least 60 years of age, live in Pender County, and did not

receive a fan last year.

Along with summer comes the potential for hurricanes so check your hurricane supply kit. Since Covid-19 supplies may be harder to find, start early. Kit should include: water (one gallon of water per person per day for at least three days), food (at least a three-day supply of non-perishable items and non-electric can opener), battery-powered or hand crank radio, NOAA Weather Radio with tone alert, flashlight and extra batteries, face masks (to help filter contaminated air and Covid 19 in case of evacuation), plastic sheeting and duct tape for repairs, antiseptic and personal cleaning moist towelettes, garbage bags with ties, wrench or pliers to turn

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Medicare questions?

Pender Adult Services has trained SHIP (Seniors Health Insurance Information Program) volunteers that continue to assist clients with Medicare questions.

If you are receiving Extra help you may continue to review your plans during the year. Please call Heritage Place at 910-259-9119 extension 307 to set up a telephone interview. If you have limited income and would like to review possible assistance programs, please call us.

If you are new to Medi-

care and need help understanding the system and researching a supplement and drug plan, please call us at 910-259-9119 extension 307 or the 1-855-408-1212 (Raleigh Office). We want to assist you!

We will offer an Outdoor Medicare 101 training Aug. 27 at 5 p.m. at Heritage Place, Burgaw. Masks will be required, social distancing practiced. Please call 910-259-9119 extension 307 and leave your name and phone number. We hope to offer an additional session at Topsail in September.



A group continues to do socially distanced Tai Chi in the parking lot at the Topsail Senior Center.

10 Lessons

If you're thankful, show it.

If you love someone, tell them.

If you're wrong, fess up.

If you're confused, ask questions.

If you learn something, teach others.

If you're stuck, ask for help.

If you made a mistake, apologize.

If you trip, get back up.

If someone needs help, help them.

If you see wrong, take a stance.

WE ARE CLOSED TO THE PUBLIC



**We are doing business
(services) by phone**

259-9119 ext 0 front desk—Reserve Meal

259-9119 ext 1 Transportation

259-9119 Ext 303 Jennifer

259-9119 Ext 309 Jane

259-9119 Ext 329 Barbara

COVID-19 Health Tips

What should I do if I have had close contact with someone who has COVID-19?

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Take your temperature and follow CDC guidance if you have symptoms.

What is close contact? Close contact is defined as any individual who was

within six feet of an infected person for at least 15 minutes starting from two days before illness onset (or, for asymptomatic patients, two days prior to positive specimen collection) until the time the patient is isolated

Symptoms may appear 2-14 days after exposure to the virus. Symptoms can include fever or chills, cough, shortness of breath or dif-

ficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea

If you have additional questions you may call the Pender County Health Department. They have been an excellent resource for us and are doing testing by appointment. Call 910-259-1230.

Increase mobility through stretching exercises

By **Natasha Freutel**

It's common knowledge that people slow down as they age. Daily activities like standing up from a chair and getting in and out of bed become increasingly difficult. These limitations are often caused by a decline in muscle strength and flexibility. Flexibility is the ability of the muscles and tendons to lengthen and stretch in response to movement and allow a joint to move through its range of motion. A good stretching program is important to incorporate into your daily routine to help maintain flexibility. Stretches for the neck, arms, back, hips, and legs will help maintain flexibility as the years pass by, keeping you limber for all life has to offer

Benefits of stretching

Stretching allows for greater movement in joints and improves posture. It also helps to release muscle tension and soreness, and reduces the risk of injury. Lastly, it may also help increase circulation, muscle control, and improve balance and coordination.

A study published in the Journal of Gerontology looked at the 12-month results of a stretch and flex program for older adults. The participants demonstrated positive changes in areas like physical fitness, self-efficacy, perceived functioning, and well-being. They also experienced a decrease in pain.

Stretching tips

Take a deep breath and slowly exhale as you stretch.

Hold each stretch for 30 seconds to give the muscle ample time to relax.

Don't bounce while you stretch, as this increases your risk of injury.

Only stretch until you feel tension in the muscle, not to the point of pain.

Always warm up before stretching by moving around for 5 to 10 minutes, such as going for a walk.

Neck stretch

Maintaining mobility of the neck is important for posture and activities such as driving.

Stretch the neck by slow-

ly bringing your chin toward your chest and turning your head side to side.

Hold each position for 15 seconds.

Shoulder and upper arm stretch

Shoulder mobility is important as you age to maintain independence in activities such as getting dressed or getting items off a shelf.

Stretch your shoulders and arms by holding a towel in one hand over your head and letting it drape down behind your head and back.

Grab the other end of the towel with your other hand and gently pull down until you feel a stretch.

Chest stretch

Poor posture often causes the muscles of the chest to become tight. Proper stretching can help lengthen these muscles, assisting with posture.

Stretch your chest by extending both arms to the side, palms facing forward.

Reach back with your hands until you feel a stretch across your chest and front of your arms. If you have a hard time holding your arms up, use a wall. Put your hand on a wall and step forward until you feel a gentle stretch in your chest. Switch to the other side. Do not overstretch.

Ankle stretch

Ankle stiffness is often a cause of poor balance. Maintaining ankle flexibility is important for activities such as walking and getting up and down.

Stretch your ankles by sitting in a chair and slowly moving your foot up and down and side to side.

Hold each position 30 seconds and repeat on other foot.

Hamstring stretch

Tight hamstrings, the muscles on the back of your thigh, can contribute to low back pain and difficulty walking.

Lie on your back and extend one leg perpendicular to your body.

Grasping around the back of your thigh, slowly pull the leg towards you, keeping your other leg and

hip on the ground. Do not pull on your knee when stretching.

Quadriceps stretch

Your quadriceps, the large muscles on the front of the thigh, are important muscles for walking and standing.

Start by lying on your side and bending your knee, bringing your foot behind you.

Pull your foot towards your body until you feel a stretch. You can use a belt or a towel to help if you cannot reach your foot, and this can be done in a standing position as well.

Hip stretch

Older adults – especially women – sometimes have a lot of tension in their hips.

Stretch your hips by lying on your back, bringing one knee out to the side of your body.

Rest your foot against your opposite leg and gently push down on the bent knee until you feel a stretch.

Lower back

Maintaining mobility in the spine is important for proper posture.

Stretch your lower back by lying on your back, knees bent and feet together. Keep feet flat on the floor.

Keeping knees together, lower your legs to one side, twisting your torso until you feel a stretch. Hold and repeat on other side.

Warnings

Always consult a doctor before starting a new exercise routine. If you have any muscle or joint injuries or previous surgeries, be sure to ask your doctor or physical therapist what stretches are best for you.

Never stretch to the point of pain or hold your breath during stretches.

The takeaway

Stretching has many benefits for older adults. Stretching is convenient, requires minimal equipment, and can be done anywhere. By incorporating a stretching program into your week, you may benefit from increased flexibility, relaxation, and an improved quality of life.

Memorial and Honorary Giving Program

Contributions have been received recently from

All Saints Catholic Church

Willarlea Ruritan Club

We appreciate the assistance from

Hampstead Women's Club

PASTRAN drivers

RSVP Volunteers

PAS Certified Nursing Assistants & Staff

In continuing to serve our home-bound 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.

INFORMATION PLEASE – WE ARE HERE TO HELP

Please call the center 259-9119 X 309 (or call 910-270-0708 for Topsail) 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

Zooming Pilates with Amy Coleman

Contact Amy @ amylynellecoleman@gmail.com

For more information and for invitation

Equipment needed:

Light weights (soup cans) towel or belt needed

•Monday's 10:30 am – 11:30 am

Chair Pilates(you need a chair)

•Wednesday's 10:30 am – 11:30 am

Pilates Mat Class(you need a mat)

•Friday's Class 10 :30 am – 11 :30 am

Fun Friday's Pilates Mat class

(thick book you can step on and off)

Topsail Center

Continued

off utilities, a full tank of gas (in case you must evacuate) and a mobile cell phone charger. In addition, make certain you have at

least a week's supply of medications until pharmacies reopen. You can find additional information at <https://www.ready.gov/> kit

We send a big thank you to the Hampstead Women's Club for providing goody bags each month to

our home bound Meals on Wheels clients! Email us a line or two to let us know how you are doing at dmurphrey@penderpas.com.

Stay safe, wear your masks, wash your hands and social distance so hopefully we can see you soon!

R.N. POSITION

Part-time Registered Nurse position available with nonprofit rural health organization in Pender County.

Responsible for home visit, conduct supervisory visits of CNA's and perform client assessments.

Must have R.N. license and at least one year of home care experience.

Driver's License Required.

Please forward resume with references

to:

Wesley B Davis,

Executive Director

Pender Adult Services

P O Box 1251

Burgaw, NC 28425

10 Ways to celebrate Be An Angel Day

August 22 is National Be an Angel Day, a holiday created to promote acts of kindness around the world. Here are 10 ways you can bring a little heaven to earth.

As the saying goes, No act of kindness, no matter how small, is ever wasted, so reach out with a generous heart and make today truly angelic!

1. Use kind words to spread positivity.

Instead of cultivating negativity with complaints or gossip, use words that bring out the best in yourself and others.

2. Forgive someone who has wronged you.

Is there someone on your grudge list? Take a minute, open your heart and truly forgive them.

3. Thank the people who make your life better.

Tell others how much you appreciate them for all they do—from the mailman to your best friend.

4. Give the gift of patience.

Let someone go ahead of you in line at the grocery store, allow the car stuck in traffic to merge, or simply de-escalate a heated situation with a smile

5. Pay it forward.

Pick up the tab for a stranger. Buy coffee for the next person in line, pay the toll for the car behind you, or leave money at the vending machine with a note: "Treats on me in honor of Be an Angel Day."

6. Pray on behalf of others.

Send a prayer request for a loved one, friend, or a stranger in need. Caring OurPrayer volunteers will stand with you in prayer.

7. Be a helping hand to others in need.

Bring a bag of canned goods to your local food bank, give clothing and supplies to the homeless shelter, make a meal for an elderly neighbor or offer to do their shopping.

8. Put a little love in your friend's in-box.

Send a short email or text to your loved ones and let them know how much they mean to you

9. Donate your talents to a good cause.

Sign-up to share the gifts that God gave you with others—volunteer at a nursing home, the children's wing of a hospital, the possibilities are endless!

10. Help out our furry, finned and feathered friends.

Be an angel to God's creatures—hang up a bird feeder or bringing supplies (old blankets, litter and pet food) to a shelter. Do a good deed to help those that can't help themselves.



CNA & Caregiver

Positions Available

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

Must have reliable transportation.

Contact Anna or Cathy at 259-9119 ext. 2