



Helpful information to enhance senior living provided by Pender Adult Services

Pass it on...



February
2022



The Pender County Health Department does blood pressure checks at Heritage Place in Burgaw.

February is National Heart Month

Heart Disease is the leading cause of death for both men and women in the US. Risk factors for developing heart disease are: diabetes, high blood pressure, high cholesterol, and being overweight or a smoker.

You can lower your risk for developing heart disease by making small lifestyle changes. Start protecting your heart today by following these heart-healthy tips:

Increase your physical activity

Discuss this with your doctor first then aim for at least 2.5 hours of physical activity each week. That's 30 minutes a day.

Eat a healthy diet

Include fruits and vegetables daily. Eat lean meats and include fish weekly. Avoid sugar and processed foods. Don't forget to drink lots of water!

Aim for a healthy weight

If you are overweight, even a small loss of 5 to 10 percent improves your heart health!

Manage stress

You may not have control over the stress in your life but you can control your response. Include relaxation activities daily such as walking outside, yoga, or meditation. Turn off

the news! Reach out to a qualified mental health provider or someone else you trust when you feel overwhelmed.

Improve your sleep

Stick to a regular routine of sleeping 7-8 hours a night. Managing stress will help you sleep better as will increasing physical activity. Cut back on TV or electronic devices before bed and try relaxing activities such as listening to music, reading or taking a bath.

If you smoke, Quit

There are lots of free resources to help you quit. Call 1-800-QUIT-NOW or check out www.BeTobaccoFree.hhs.gov or www.Smokefree.gov

Track your heart health

Keep a log of your blood pressure, weight, physical activity, and blood sugar levels if you have Diabetes. Seeing your progress will keep you motivated!

Did you know that we're more successful at meeting our health goals when we work on them with others? This February, grab a close family member or friend and work together to set heart healthy goals. There's no better way to celebrate Valentine's Day than by protecting each other's hearts!

Tax assistance available at the Topsail Center

AARP Tax-Aide is a free nationwide service that provides high quality income tax assistance and free federal and state income tax preparation and includes electronic filing. This service will be available beginning Feb 2 in Hampstead at the Topsail Senior Center. The center is located at 20959 Hwy 17, Hampstead. For directions call 910-270-0708.

This service will be available on Mondays and Wednesdays from 1-4 p.m. by appointment only, first come first

serve basis. This service is available to low and moderate income taxpayers of all ages, including seniors.

This services will be drop-off/remote. This is by the guidelines of AARP. Please be prepared to wait while the volunteers prepare your taxes.

Other sites you may call for information include the New Hanover County Main Library at (910)798-7341 or New Hanover County Senior Resource Center at (910)798-6416.

Memorial and Honorary Giving Program
Contributions have been received recently from
Pete & Sue Cowan
Eileen Ripotelli
Special Thanks
Busy Bee Quilters
Hampstead Women's Club
All who donated books for our MLKing Book Drive
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.

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LOCAL NEWSPAPER.
910.259.9111

Heritage Place Happenings

February brings many things to celebrate

By Jennifer Mathews
Heritage Place

We plan on Wearing red Thursday, Feb. 3 for **Healthy Heart Month**!! Join us for Thursday Geri-fit or another class or get out and walk 15 to 20 minutes 3-4 times a week! If you want a list of band exercises we will gladly send it to you. Please call and we will mail it out!

•Black History Month: There is plenty to learn about Black History in Pender County. Do you know who the first black principal was at Burgaw Elementary – now CF Pope Elementary. He used to come to Geri-fit!!

What really matters is not whether we have problems, but how we go through them. We

must keep going on to make it through whatever we are facing.

Rosa Parks

•Valentine's Day is probably the most recognized holiday. Consider sending a card to a neighbor or senior that you do not normally reach out to. Do this Feb 7 and they will have it in plenty of time!! If you need a suggestion, call us – we can connect you by sending it for you. (call Jennifer at 910-9119- x 303)

•Random Acts of Kindness Day is Feb. 17. And, you know what to do...perform a few random acts of kindness. Almost any kind deed will do. And we highly recommend you perform kind acts on as many people as you can. This is a favorite day of many

people and groups. People like the idea of showing a little kindness to others. It's a fun and good thing to do. And they like being on the receiving end of this day as well. It makes both the giver and the receiver feel good.

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone may do the same for you.

Princess Diana

•Presidents Day is a holiday in February. Presidents Lincoln & Washington have birthdays this month. Learn something new about either or both. "It's not the years in your life that count. It's the life in your years." – Abraham Lincoln. We will be closed Feb. 21 for this holiday.

•Crazy Hawaiian Party Day is Feb. 22. We will change our schedule this day to start at 11:22 am and party until 2:22 p.m. Break out something bright and colorful and come to have fun on this day all about "2's"

We are thankful for our AARP Volunteers that are doing Taxes at the Topsail Center. If you need an appointment, make one soon by calling (910)270-0708.

We are enjoying our Cape Fear CC Occupational Therapy Assistant Student intern. She is sharing time between Topsail and Burgaw. Anna Loftis has brought lots of energy and has enjoyed sitting with you all one on one to talk about your possible OT needs.

Greetings from the Topsail Center

By Donna Murphrey
Topsail Senior Center

It is hard to believe we are in the second month of 2022 and that means tax season. As in years past, AARP Tax-Aide Volunteers will be at our center every Monday and Wednesday beginning Feb. 2, appointments from 1-3 p.m. on the hour.

Due to Covid, AARP procedure will be same as last year, at your appointment time, you will drop off your tax information, wait in the

car while they prepare your taxes, and upon completion, a tax aide volunteer will come to your car and discuss your tax return with you.

February is also Heart Month and we are fortunate to have UNCW nursing students at our center on Tuesday mornings; Feb. 8, 15, and 22 checking blood pressure and glucose levels. These students will also provide education for our seniors on topics of concern.

In addition we have a CFCC occupational therapy student,

Anna, with us on Mondays and Thursdays. Please come by and meet these students, share concerns or educational topics, which interest you. They are eager to share their knowledge and interact with our seniors!

We would like to thank the Busy Bee Quilters at Pender Adults Services in Burgaw for the lovely quilt we raffled at Bingo in January. Tony Robinson was our lucky winner! We also want to thank the Hampstead Women's Club for their ongoing support and for

the new printer!!!

A new yoga class is beginning Monday Feb. 7 at 1 p.m., Vinyasa Slow Yoga, with instructor Kathy Yakimovich. February 17 is Random Acts of Kindness Day. We should all participate in and celebrate kindness every day but let's be especially mindful this month. As always for more complete information, special days, Covid guidelines, or any other questions, call the center at 910-270-0708. Please stay safe out there and hope to see you soon.



Pender Adult Services is a private non-profit agency dedicated to promoting healthy and fulfilling lives. Join us for healthy fun, learning activities, creative arts, volunteer opportunities, socialization, games and activities.

[Want to know more?](#) [Give us a call...](#)

Heritage Place
901 S Walker St
Burgaw, NC 28425
(910) 259-9119

Topsail Senior Center
20959 Hwy 17
Hampstead, NC 28443
(910) 270-0708

Fitness Fusion
903 S Walker St
Burgaw, NC 28425
(910)259-0422

Find us online: www.penderpas.com

On Facebook: [Pender Adult Services](#)



Clients at the Topsail Senior Center get ready for some bingo fun.



Pender Adult Services Invites You
On a Fabulous 6 Day/5 Night Vacation to
New Orleans!
Date: June 19 – June 24, 2022

Enjoy a Guided Tour of New Orleans with us. We will go to the New Orleans School of Cooking ~ Have Dinner with New Orleans Style Entertainment – Tour an Old-Fashioned Louisiana Plantation - Visit the Historic French Quarter & Cruise the Mississippi - Enjoy Free Time to explore New Orleans on your own & Visit Harrah’s Casino

For Information Please Contact:

Jennifer Mathews @ 910-259-9119 x 303

Price: \$859.00 Per Person – Double Occupancy
\$200 Deposit Due for Reservation

*COVID VACCINE REQUIRED FOR TRAVEL (OR NEGATIVE TEST 2 days prior)

*Mask optional on bus but needed getting off and going into attractions

***Travel Protection:** Travel Protection can be purchased

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



Welcome to February 2022 Events
at Pender Adult Services Centers



Celebrating 40 years of making a difference across Pender County!

Questions?

Want to know more?

Give us a call or stop by!

Heritage Place (HP)

901 S. Walker St., Burgaw

910-259-9119

Topsail Senior Center (TSC)

20959 Highway 17, Hampstead

910-270-0708

Date Center Event Info

2/1	Both	Celebrating Black History Month, 11:30 AM
2/1	HP	Pender AmeriCorps Seniors (RSVP) Perks Meeting, 9:00 AM
2/2	TSC	Pender AmeriCorps Seniors (RSVP) Perks Meeting, 9:00 AM
2/2	HP	Birthday Bingo, 10:30 AM
2/3	TSC	Birthday Bingo, 10:30 AM
2/3	Both	Wear RED Day -awareness of Women’s Heart Health
2/7	Both	Send a Card to a Friend Day
2/8	TSC	Blood Pressure Checks, UNCW Nursing Students, 10:00 - Noon
2/14	TSC	AmeriCorps Seniors* Card Class, 11:00 AM
2/15	TSC	Blood Pressure Checks, UNCW Nursing Students, 10:00 - Noon
2/17	Both	Random Acts of Kindness Day
2/18	HP	Friday Craft Day (sign-up required), 10:30 AM
2/21	Both	Closed for President’s Day <i>(No Meals-on-Wheels deliveries today)</i>
2/22	HP	Hawaiian Party Day! 11:22 AM – 2:22 PM – It’s 2/22/22 Day!
2/24	HP	Blood Pressure Checks, UNCW Nursing Students, 10:30 AM – 12:30 PM
2/28	HP	AmeriCorps Seniors (RSVP) Card Class, Sign-up required, 9:45 AM

AARP Tax Aide

By Appointment Only – Drop Off/Wait
Topsail Senior Center
(910)270-0708

We hope to
see you real soon!

... Please wear a mask to protect others.

... If you are not feeling well, please stay home until you feel better.

... And, if you come in contact with someone who is covid positive,
PLEASE stay home and let us know so that we can make others aware.

Need Medicare Help? –Call the center to schedule a time to meet with a SHIIP Counselor
(Current as of 1/27/22)

What is Cost-Sharing?

Cost sharing as a method of allowing a recipient to share in the cost of the service received. Cost sharing provides **a mechanism for Pender Adult Services to expand services to a growing number** of Americans 60 years of age and older– some of which cannot afford services.

You may contribute for any program you participate in.

Many of you already contribute for meals.

This a voluntary and confidential contribution.



Weekly Schedule February 2022

Heritage Place—Burgaw 910-259-9119



Monday	Tuesday	Wednesday	Thursday	
9:30 Fit Over Fifty at FF 9:45 Card Class** 3rd Monday	9:00 Crochet Group 9:45 Yoga at FF	Call for info On zoom “ZOOMBA”	10:00 Walking Group	10:00 Sing-a long 10:30 Zoom Pilates
10:30 TAI CHI at FF** **Sign up required	10:30 Geri-fit 10:30 Quilting	10:30 Bingo 10:45 Pilates at FF	10:30 Geri-fit	10:30 Chair Exercise 11:00 Monthly craft
11:30 Lunch 11:30 Bid Whist	11:30 Lunch 12:30 Mexican Train	11:30 Lunch	11:30 Lunch	11:30 Lunch
1:00 Canasta 6:00 Line Dancing	12:30 Rummikub 1:00 Beginning Knit	12:30 Brain Games 1:00 Open Choice Games	12:30 Jenga/Yatzee 12:30 Rummikub	12:30—Sequence

Topsail—Hampstead 910-270-0708

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Art Group 10:00 Modified Pilates	9:00 Gerifit	9:00 Quilting	9:00 Gerifit 10:00 Beginning Tai Chi	10:00 (1st)** Dementia Caregiver
11:30 Lunch	10:00 Fellowship or Crafts		10:30 Bingo 11:00 Gentle Flow Yoga	10:30 Zoom Pilates**
1:00 Vinyasi Slow Yoga ***NEW***	11:30 Lunch	11:30 Lunch	11:30 Lunch	
AmeriCorps Card Class 2nd Monday	1:00 Interm.. Tai Chi 2:00 Adv Tai Chi	1:00 Canasta 1:00 Rummikub	12:30 Quilting Mahjong/ Bridge	**Call for information **Sign up required