



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

March
2019



RSVP volunteers deliver school supplies to area schools. Pictured above left to right are Aileen Jennings, Kathy Griffin, Heidi Robbins, & Eileen Riportella

RSVP supports local teachers with school supplies

Pender Retired Senior Volunteer Program (RSVP) has a vibrant Reading Buddies Program where volunteers, who are age 55 and older, work with local school children on a one-on-one basis to help them improve their critical reading skills.

The teachers and students really like this program and the volunteers are always excited to help our children enhance their reading skills.

"As we checked with the local schools

to see how we could help with any unmet needs, they shared that many teachers needed basic classroom supplies such as pencils, pens, tape, notebooks, etc." said Barbara Mullins, RSVP Director.

All of the RSVP Reading Buddies volunteers and many of the other RSVP volunteers quickly stepped in to collect the needed supplies as part of the RSVP Make a Difference Day celebration. The supplies have now been delivered and teachers have reached out to share their

thanks!

"Our volunteers are awesome. They really care about their Pender County neighbors. We deeply appreciate their service." Mullins said. To learn more about Pender RSVP and potential volunteer opportunities, please visit the Pender RSVP Facebook page, @PenderCountyRSVP, or contact Barbara Mullins at 910-259-9119, extension 329 or bmullins@penderpas.com.

March is Nation Colon Cancer Awareness Month

Life is full of unexpected surprises – colon cancer should not be one of them. March is National Colon Cancer Awareness Month to help raise awareness and spread the word.

Did you know that colon

cancer is the second leading cause of cancer death among men and women in the United States? Did you also know that colon cancer is one of the most preventable and beatable cancers if found early?

While no one knows exactly

what causes colon cancer, certain factors may increase your risk:

- Age – More than 90 percent of colon cancer is diagnosed after age 50
- Family history of polyps/colon cancer – First degree

relatives with polyps or colon cancer increase your risk

- Ulcerative Colitis or Crohn's Disease – conditions that cause inflammation increase the risk of colon cancer
- Personal history of cancer

- Cigarette smoking
- Diet and lifestyle - Diets high in red meat and fat and low in fruits and vegetables increase risk

Be proactive! While colon cancer may begin with few or no symptoms, talk to your doctor if you notice any of the following:

- A change in bowel habits. Including diarrhea, constipation, a change in the consistency of your stool or finding your stools are narrower than usual
- Persistent abdominal discomfort such as cramps, gas, or pain and/or feeling full, bloated or that your bowel does not empty completely.
- Rectal bleeding. Finding blood (either bright red or very dark) in your stool.
- Weakness or fatigue can also accompany losing weight for no known reason, nausea or vomiting

Remember, the most common symptom is no symptom. If you are 50 or older, get screened. Regular screening can catch polyps before they become cancer.

This month, get your blue on, and help raise awareness of this preventable and beatable cancer. Screening saves lives.

For more information, visit www.ccalliance.org.



Topsail seniors enjoyed a Valentines British tea again this year. Picture above are Barbara Norris and Vivian Morrell.

Topsail Happenings

By Donna Murphrey
Topsail Senior Center

We had a great February at Topsail Senior Center despite the dreary weather! For the second year our Valentines British Tea was a big success thanks to our guide, Barbara Norris, in all things British. We served fruit trifles, traditional British butterfly cupcakes and of course tea.

A big thank you to Barbara Norris who made the trifles, raffle prizes and supplied tea. Also thanks to Diane Mangus who made British butterfly cupcakes.

AARP's tax volunteers have been here each Monday and Wednesday afternoon assisting those with appointments for tax filing. We have a few appointments left in March and early April if you need

assistance.

It's hard to believe that spring is almost here, and it's not too late to begin an exercise routine. We have many classes available including a new beginners Tai Chi and a Tuesday night line dancing class.

Both of these are only \$8 per month! If you are interested, please call us at (910) 270-0708 for more information. Look for more information about our event Get your Rear in Gear Mar. 19. This colon cancer awareness event is sponsored by the PC Health Department.

We are accepting items for our annual Silent Auction for Meals on Wheels so please save the date of May 2. Join us for an evening of good food, entertainment, and as always lots of great items for auction.

Please stop by and see us, grab a cup of coffee, pick up a schedule of activities and a menu so you can join us for lunch!

Pender Adult Services offers

2019 Topsail Tai Chi Class

Tuesdays

3:15 pm – Advance Tai Chi

Wednesday NEW

9:30 am – Beginning Tai Chi

3 times a month

(No class – on RSVP PERKS Day)

Starts February 13

Thursday

11:15 am – Tai Chi

Topsail Senior Center

20959 Hwy 17 – Hampstead – 910.270.0708

\$8 per month per class time

(If you take Wednesday & Thursday class cost is \$16 for the month)

Kathy Yakimovich, certified instructor

Prescription drug assistance available for low-income medicare beneficiaries

Medicare beneficiaries who have limited incomes and assets may be eligible for Extra Help to pay for their prescription drugs. The federal Low-Income Subsidy (LIS) program, also known as Extra Help, assists qualified Medicare beneficiaries with out-of-pocket expenses associated with Medicare Part D prescription drugs.

There are more than 80,000 Medicare beneficiaries in North Carolina who may be eligible for help but have yet to apply. SHIP, the Seniors' Health Insurance Information Program and a division of the N.C. Department of Insurance, is joining with partners around the state to help beneficiaries understand and apply for Extra Help.

"Many who are eligible for this assistance are not aware that it is available to them," said Insurance Commissioner Mike Causey. "It is our goal to get the message of Extra Help out to Medicare beneficiaries statewide and get them enrolled so they can begin receiving help with their Medicare

prescription drug costs."

Pender Adult Services can help Medicare beneficiaries in Pender County at Heritage Place and Topsail Senior Center with the enrollment process for Extra Help. Please call Heritage Place at 910-259-9119 or Topsail Senior Center at 910-270-0708 to make an appointment with a SHIP Volunteer.

To qualify for Extra Help, a Medicare beneficiary must meet certain income, resource and asset level requirements. The income and asset limits for Extra Help are \$1,508 per month with assets up to \$13,820 if you are single, and \$2,030 per month with assets up to \$27,600 if you are married.

SHIP, a division of the North Carolina Department of Insurance, has volunteers in all 100 counties in North Carolina who offer one-on-one counseling and provide free, unbiased information about Medicare, Medicare supplements, Medicare Part D, Medicare Advantage and health plan options and long-term care insurance.

How 'senior' do you have to be?

Sometimes people ask the question "Am I old enough to come to the center?" Heritage Place and Topsail Senior Center are open to adults over the age of 18. We are committed to providing our community with a safe, stable environment that assists individuals in maintaining their independence, good health practices and a healthy sense of self-esteem.

Classes that require a fee are less if you are 60 and up and more if you are 59 and under. Our congregate lunch program is donation based for those 60 and up but you can purchase lunch if you are 59 and under. A hot meal with beverage and occasionally dessert is \$5.

We have other programs that are under the Pender

Adult Services umbrella.

Fitness Fusion is set up similarly with special rates for people older than 60 (but serves people 14 and over). PAS-Tran is for 18 and over (youth up to 17 must be accompanied by an adult) but offers an out of county discount if you are 65 and over. RSVP volunteer program accepts volunteers 55 and up.

So to answer the question, "How 'senior' do you have to be?" We do not check your age at the door! We welcome and love for people of all ages to come see what we offer and participate in programs and classes. If you have any questions or suggestions for activities, contact Jennifer Mathews, program coordinator at (910) 259-9119 X 303.



SAVE THE DATE

Topsail Auction — April 2, 2019

Donations being accepted—Sponsorships available

Contact 910-270-0708 for more information

Transportation News

PAS-TRAN is now hiring

Part-Time Drivers

Applications available at

901 S Walker Street

Weekdays only

Call 910-259-9119 X press 1 for more information

PAS-TRAN is accepting

New Senior (60 & up)

Nutrition riders for both Heritage Place in

Burgaw and Topsail Senior Center in

Hampstead. Rural General Public

rides for Grocery Shopping, College Educational,

Employment, and Medical visits and needs,

in county and Out of County are also available.

New service available to Jacksonville and

Wallace/Rose Hill. Call for more information

and reservations. Call 910-259-9119 Press 1

TDD/TTY 1-800-735-2962

Monday thru Friday

Certain restrictions apply for trips and Medical

appointments. Services may be interrupted

if funding is not available.



Bridge Group
Wednesday
1:00 pm
Heritage Place

Heritage Place Bridge Group
Is looking for dependable alternates to join us.
Please call 259-9119 if you are interested and
leave your name at the front desk.
David Luquire will be happy to teach you!
Wednesday from 1:00-4:30 pm

Memorial and Honorary
Giving Program

In Memory of Shirley Thompson Sidbury
By
Art & Sandra Buehler
Hazel Eakins
Mark & Wanda Hayes
Contributions have been received recently from
Wesleyan Chapel United Methodist Church
Willarlea Ruitan

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.

Advertise Today!
Call 910.259.9111
for more information.

Pender Adult Services March 2019

**March 4 – AARP Tax Aide continues at Topsail Mon & Wed by
appointment-call 270-0708
March 5 & 6– RSVP Perks meet 9 am (HP & TSC)
March 7 – AARP Tax Aide Day (HP) by appointment – call 259-9119
March 11 – Bowling to Ten Pin Alley – please sign up, fees apply
March 13 – Pender County Retired School Personnel meet – 11 am (HP)
March 13 – Blind Support Group meets – 1 pm (HP)
March 15 – Wear GREEN Day – St Patrick’s Celebration
March 19 – Get Your Rear in Gear – 10:15 am (TSC)
March 21 – Health Checks offered by PCHD at Topsail
March 26 – WEAR BLUE DAY –“Get Your Rear in Gear”– 11 am (HP)
March 28 – Health Checks offered by PCHD - 11:30 (HP)
**AARP TAX AIDE BY APPOINTMENT ONLY
**This service will be available by appointments on Monday and Wednesday beginning
Feb 4th in Hampstead at the Topsail Senior Center. The center is located at 20959 Hwy 17,
Hampstead. For appointments and directions call 910-270-0708.
Two tax days are being planned by appointment for **Heritage Place, Burgaw** for
Thursday, **February 28 & Thursday, March 7**. Please call 910-259-9119 or see a
receptionist to schedule your appointment.
Taxpayers should bring picture ID, social security cards for themselves and dependents,
all information and forms relating to their income and the filing of their income tax
returns, including W-2, 1099, SSA 1099, broker statements and a copy of last year’s tax
return, if available. Also information concerning health insurance coverage, including
Forms 1095-A, B or C if applicable as well as details of itemized deductions if applicable.

GET YOUR
REAR IN
GEAR!

Colorectal Cancer Awareness Event

Topsail Senior
Center
10:15am -
11am
March 19,
2019

Heritage Place
Pender Adult
Services
11 am - Geri-Fit
12 am - Lunch
March 26, 2019



Don't forget to
wear blue!!



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
9:30 Art Class 12:00 Meals 1:00 Bid Whist 1:00 Canasta 6:00 Line Dance	9:00 Crocheting 9:00 RSVP Perks (1st) 10:30 Group Walk 11:00 Geri-fit 12:00 Meals 12:30 Pinochle/ 1:00 Rummikub 1:00 Quilting Group 1:00 Knitting Group	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support (2nd)	9:30 RSVP Card Class (2nd) 10:00 Jewelry 10:30 Group Walk 11:00 Geri-fit 11:30 Caregivers Group(4th) 11:30 Health Checks (4th) 12:00 Meals 1:00 Rummikub/ MEX TRAIN 3:00 Craft Club	11:00 Bingo 12:00 Meals Saturday—closed Facility Available For Rentals

2019

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 Group 10:00 Modified PILATES 12:00 Meals 2:00 Zumba Gold 1:00 Tree Top Quilters(2nd) 3:00 Hospice Trg (2nd)	9:00 Baskets & Cribbage 9:00 Geri-Fit 10:00 Senior Crafts & fun 12:00 Meals 2:00 Gentle YOGA 3:15 Advanced Tai Chi 6:00 Line Dancing	9:00 Quilting Bee 9:00 RSVP Perks (1st) 9:30 Beginning Tai Chi 9:30 Knitting Group 12:00 Meals 1:00 Canasta & Bridge 2:00 Rummikub	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/Dominos	11:00 Line Dance 12:00 Meals Caregivers Support ** **Call for info Saturday –Facility Available for rentals

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Pender Adult Services is
committed to providing our
community a safe, stable,
environment in which indi-
viduals can maintain their
independence, good health
practices, and a healthy
sense of self-esteem.

Monday Open 5:00—8:00	Tuesday Open 5:00—8:00	Wednesday Open 5:00—8:00	Thursday Open 5:00—8:00	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 8:30 Cardio Fit* NEW 9:40 YOGA 10:45 FIT OVER 50 5:30 BODY ATTACK 6:30 RPM Cycling	7:00 RPM Cycling 8:30 BODYPUMP 9:50 PILATES Massage by Appointment	5:30 RPM Cycling 8:30 Gentle Yoga 10:45 FIT OVER 50 5:30 RPM Cycling	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Saturday Closed CALL FOR UPDATES

SCHEDULE 2019