



Helpful information to enhance senior living provided
by Pender Adult Services

Pass it on...

October
2020



October is National Emotional Wellness Month

October is National Emotional Wellness month and chances are the COVID-19 Pandemic has made us all a little more aware of our emotional health. According to the National Institutes of Health, Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.

The pandemic has certainly brought with it change and difficult times!

There has been uncertainty about the virus and how long it will last, financial pressures and social isolation. Many have experienced anxiety, stress, fear, and loneliness.

While the pandemic and its impact may be overwhelming, there are coping strategies you can learn and practice that will improve your emotional wellness and help you take charge of your life.

Address your physical health:

- Get enough sleep – set a regular routine and stick to it!
- Get some exercise daily – regular physical activity reduces anxiety and improves mood
- Eat a healthy, well-balanced diet – load up on vegetables and fruits and avoid sweets!
- Avoid tobacco and alcohol – Using tobacco and/or

alcohol only makes matters worse and reduces your coping skills.

Then take care of your mind:

- Limit exposure to news media – constant news heightens fear and likely exposes you to false information. Stick to reliable sources to keep up to date and limit your time watching or reading news.
- Stay busy – Enjoy hobbies or engage in new projects.

ects.

- Focus on the Positive – Start each day by listing your blessings.

• Draw strength from your spiritual life – Let your spiritual practice such as prayer or meditation bring you comfort.

- Relax – Set aside time daily to quiet your mind and recharge.

Finally, reach out to others:

- Take time each week

to connect with others by phone, texts, email, zoom or any of the many social media apps. Find purpose in encouraging others.

- Talk about your feelings with a close friend or spiritual leader.

• Reach out to your primary care physician for guidance.

It is normal to feel stress and anxiety during times of crisis. It is also important to remember that stress will not disappear once the crisis ends. Adopting these strategies will improve your emotional wellness and help you cope with whatever life throws your way!

For more information and resources visit: www.nih.gov/health-information/emotional-wellness-toolkit/

Topsail Center News

Fall is in the air and so is Medicare Open Enrollment. If you need assistance, we have a Senior Health Insurance Information Program (SHIIP) Volunteer that can help you. Please call the center at 910-270-0708 Monday thru Thursday 8 a.m. until 4 p.m. to schedule an appointment. These will be phone appointments only, due to Covid-19; however, if you need an "in person" appointment due to hearing loss, please let us know.

Although there is a chill in the air, we are still exercising outdoors; Geri-fit, Tuesday mornings at 9 a.m. (and now Thursday mornings at 10 a.m.) and Advanced Tai Chi, Thursday mornings at 9 a.m. We are adding a Beginners Tai Chi for October. This class will be offered on Tuesdays at 2 p.m. Cost for Tai Chi is \$10. All outdoor classes are weather permitting. Please call center for details as classes can be full.

We would like to once again thank our Meals on Wheels Volunteers who are serving 30 clients from Scott's Hill to Surf City Monday thru Thursday. Also, the Hampstead Women's Club for the wonderful gift bags to all Meals on Wheels and congregated clients each month!

Remember with fall also comes flu season so get your flu shot and remain vigilant following the three W's; Wear a mask, Wash your hands and Wait six feet apart. The three W's will not only lower your chances of contracting Covid-19 but also the seasonal flu. We will have an outdoor flu shot clinic Oct. 20 from 9:45 a.m. until noon. Stay safe and we hope to see you soon!



Group Fitness classes continue to meet outside at Heritage Place Pavilion. Call Fitness Fusion for more information or to reserve your space.

Hello from Heritage Place

October is a busy month! We are making phone appointments for Medicare Part D. Please call the front desk to schedule your phone appointment.

If you need to see someone face to face, please make us aware of that need. Please call (910)259-9119 X 301 to make an appointment.

We have been working on a re-opening plan and you will notice that we

have added a few more outdoor classes/activities. The "safer at home" still applies to anyone in the "at-risk" category. We realize the need for company and safe visits though. Several of our existing groups are meeting outside on Tuesdays at 10 a.m.

If your group would like to have a rocking chair "chat" session just let Jennifer know by calling 259-9119 X 303. Our Burgaw line

dancing will be back but outside Mondays at 6 p.m. Mask will be required.

We are planning several outdoor events for our congregate van clients. This group of individuals has been receiving meals at home and getting out little. They have done a good job keeping in contact with each other by phone but miss seeing each other!

The first of these dates will be Thursday, Oct. 22

from 10:30 a.m. until noon. Our friends from the ukelele group, the Unresolved String Band will be playing under the pavilion from 11:15 a.m. until noon. Park along the back and relax a few minutes and sing-along. We will have limited seating under the pavilion, but you would be welcome to bring a chair and sit in the grass or roll your car windows down

We appreciate the

Pender County Health Department. They have been working tirelessly during this pandemic! They will host an outdoor flu shot clinic at both centers. Heritage Place Drive Thru Flu Shot will be Oct. 14 from 9-11 a.m. Topsail's outdoor Flu Shot clinic will be Oct. 20 from 10 a.m. until noon. Please bring your Medicare Card or Insurance Card. Cash fees are available.

INFORMATION PLEASE – WE ARE HERE TO HELP

Please call Heritage Place at 259-9119 X 309 (Or Topsail 270-0708) 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
Volunteer Opportunities	Senior Games

Outdoor Geri-Fit
Heritage Place
Tues & Thurs at 9 am
Sign up by calling
259-9119 X 303
Class size limited

Topsail Senior Center
Tues at 9 am
Thurs at 10 am
Sign up by calling
270-0708
Class size limited

Mask needed
Weights provided
Social distancing practiced



SHIIP
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Medicare Questions?

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

We will be assisting Medicare clients during Open Enrollment by phone. Please call to schedule an appointment with SHIIP staff at 910-259-9119 x 301 or 910-270-0708. Medicare Open Enrollment is October 15- December 7. You may review and change your Prescription Coverage during this time.

If you are receiving *Extra help* you may continue to review your plans during the year. Please call Heritage Place at 910-259-9119 x 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 Medicare* and need help understanding the system and researching a supplement and drug plan, please call us at 910-259-9119 x 307 or the 1-855-408-1212 (Raleigh Office). We want to assist you!

DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?



2020 Outdoor Flu Shot Clinics

Heritage Place- Under the Portico
 October 14 9-11 a.m.
 901 S Walker Street, Burgaw

Topsail Senior Center – at the Tent,
 October 20, 10 a.m. until noon
 20959 Hwy 117 S Hampstead

Bring your Insurance Cards
 Adults with no insurance: Regular dose \$45,
 Flu Blok – 18 years and up \$75,
 High Dose \$75 (65 yr +)
Can't make this day?
 Please call the Pender County Health
 Department at 910-259-1230
Administered by Pender County Health Department

Come enjoy the music of The Unresolved String Band

October 22
Outdoor at Heritage Place Pavilion 11:15 am



Groups are meeting outside (above, above left)to reduce risk and reduce feelings of isolation. A social distanced chat is great for your well-being!



World Smile Day encourages the sharing of a smile, a kind word or deed. With COVID-19 and political environment, a genuine smile and kind word is the positive we all need!

910-259-0422
 903 S Walker Street, Burgaw

Welcome Back

WEAR
MASK REQUIRED
 For entry but not during exercise

GROUP FITNESS CLASSES At Heritage Place Pavilion

ALL CLASSES BY RESERVATION ONLY! - Call the gym to reserve your spot!

6 am—8 pm	6 am—8 pm	6 am—8pm	6 am- 8 pm	6am—8 pm	8am—12noon
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 Body Pump	6:30 RPM	7:30 Body Pump	6:30 RPM	7:30 Body Pump	Equipment only
9:00 Fit Over Fifty	9:00 Geri-fit	10:45 Pilates	9:00 Geri-fit	Zoom Pilates	Close at noon
5:30 Body Pump	5:30 RPM		5:30 RPM		Sunday CLOSED