



# Pass it on.



October  
2021



## Topsail Center News

By Donna Murphrey,  
Coordinator  
Topsail Senior Center

Fall has arrived and with it a reminder of “Fall Prevention”. Falls are the leading cause of fatal and non-fatal injuries for older Americans. One in four aged 65 and older fall every year; however, you can prevent bad falls through lifestyle adjustments, evidence based programs and community partnerships.

Here at Topsail, we offer Tai Chi, an evidence based program which helps older adults improve their balance and lower their fall risk. Our beginner’s Tai Chi class is on Thursday’s at 10 a.m. We offer Geri-fit which is a strength build-

ing class every Tuesday and Thursday at 9 a.m.

Medicare open enrollment is Oct. 15 through Dec. 7. If you need assistance, please call us at 910-270-0708 and make an appointment with one of our SHIIP Counselors. Come join us for special activities this month and stay for lunch; Birthday Bingo Oct 7 at 10:30 a.m., Captel Phone Presentation Oct 14 at 10 a.m., wear Pink Breast Cancer Awareness Oct 21, Fall Fun Oct 26 at 10 a.m. and Costume Bingo Oct 28 at 10:30 a.m.

Just a reminder that lunch reservations can be made by calling center 24 hours in advance. Stay safe and we hope to see you soon!

## Technology can help you stay active in the fall months

(StatePoint) With the days growing shorter and the weather getting cooler, it’s easy to fall into a rut during the fall season. Here’s how the latest technology can support your efforts to keep your mind and body active in the months ahead.

- Create a daily routine: Wearable tech can help motivate you to create a daily routine and get out the door every day, even if it’s just for a short walk around the neighborhood. For example, when G-Shock watches are connected via Bluetooth to companion apps, you can monitor and track such data as step count logs, calories burned and exercise intensity levels. These durable watches also feature daily, weekly and monthly activity achievement graphs, which can help you monitor your progress over time and push yourself a bit further.

- Get better sleep: Better sleep means more energy

during the day to fuel your active lifestyle. A range of apps can help you get to sleep faster, however Slumber is one that features an enormous sleep library of meditations, soothing stories, music and soundscapes, all of which are designed to quiet the mind and guide you to sleep.

- Go on an adventure: The right outdoor watch can be your companion on adventures big and small. Packed with technological features to help navigate any adventure, Casio’s PRO TREK PRTB70-5 is great for hiking, climbing, trekking and even fishing. Quad sensor technology detects compass bearing, barometric pressure, altitude and temperature readings, plus an accelerometer can log daily steps counts. By connecting via Bluetooth to the PRO TREK Connected app, you can obtain useful information such as route log and calories

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Larry has been sharing his artwork with us at Heritage Place. Our seniors have really enjoyed his display!!

## Coffee time at the Senior Center



Seniors have enjoyed visiting and find that since Covid they really feel better since they are able to see each other. We are still careful and ask that people stay home if they are not feeling well and wash hands often!

### It is time to take a look at your Medicare plan!

➤ Is your Medicare plan still right for you?

➤ Are you new to Medicare and need to know more?

**Medicare’s annual open enrollment period is October 15 – December 7**

**Pender Adult Services is pleased to once again offer our community access to the Seniors’ Health Insurance Information Program (SHIIP) from the NC Department of Insurance through local trained SHIIP counselors.**

**SHIIP counselors provide free and unbiased information about various Medicare health care products. They can also help people recognize and prevent Medicare billing errors and possible fraud and abuse through the NC Senior Medicare Patrol Program.**

**In-person and telephone meetings are available at Burgaw Heritage Place and the Topsail Senior Center. Please note that in-person meetings are only available for people who are fully vaccinated with the COVID vaccine. You can schedule an in-person or telephone appointment by calling Burgaw Heritage Place: 910-259-9119 or Topsail Senior Center: 910-270-0708.**

**NC SHIIP also offers telephone assistance. You can call the toll-free number to speak to someone in Raleigh: 855-408-1212. Monday – Friday 8am – 5pm.**

#### Important to Remember

**If you are a current Medicare user**, please have your Medicare card and a list of medications available for your visit or call. **If you are new to Medicare**, please let us know when you call to make your appointment and have a list of your current medications available for your visit or call.



NC DEPARTMENT OF  
**INSURANCE**  
SENIORS’ HEALTH INSURANCE  
INFORMATION PROGRAM

Please note that SHIIP counselors are not licensed insurance agents and they do not sell or endorse any product, plan, or company. If you have questions about your specific plan, please contact your insurance agent or insurance company.

(Current as of: 9.27.21)



#### 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](http://www.penderpas.com)

On Facebook: [Pender Adult Services](https://www.facebook.com/PenderAdultServices)

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...**



**Medicare Open Enrollment – October 15 – Dec 7**



**October Events 2021**

**Breast Cancer Awareness**

**-Wear Pink Oct 21 & 22**

Oct 4 – Tai Chi Class starts (HP)  
Oct 5 & 6 – RSVP Perks at 9:00am (Tues – HP/Wed – TSC)  
Oct 6 – Birthday Bingo(HP) at 10:30am  
Oct 7 – Birthday Bingo(TSC)  
Oct 13 – Captel Presentation (HP) 12 noon  
Oct 14 – Captel Presentation (TSC) 10 am  
Oct 14 – National Dessert Day—YUMMY!!  
Oct 15– HP Craft Day at 10:30 am \*\*  
Oct 18 – Creative Card Class (HP) at 9:45 am \*\*  
Oct 21&22 – Make it PINK for Breast Cancer Awareness  
Oct 23 - **Make a Difference Day**  
Oct 26 – Fall Fun 10:30 (HP)(TSC)  
Oct 27 – National Tell-a-Story Day  
Oct 28 – Halloween Photo Booth (HP) (TSC)



**\*\* Sign up required**

**If you have questions about Medicare...**

**WE CAN HELP**

**Open Enrollment**  
**Oct 15– Dec 7**  
**910-259-9119 x 307**  
**Or 910-270-0708**  
**855-408-1212**

NC DEPARTMENT OF INSURANCE  
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

**NOTES:**

**Masks are necessary**  
**If you have not been vaccinated**

**If you do not feel well we are asking that you stay home until you are better!**

**PCHD will not do a flu shot clinic at our centers this year.**



**Marlene (above) won the Play Doh competition at Topsail Senior Center. Playdoh is fun and good for your hands and relaxing for your mind. Our quilters (below) are always giving. Not only do they create beautiful quilts, they love to share. Beth and Teresa are seen here presenting walker bags for our clients and others in need. Thank you to all our quilters!**



# Drivers Needed

**PAS-TRAN is now hiring drivers. Applications available at 901 S Walker St. Weekdays only. Call 910.259.9119 Ext. 1 for more information.**

## Active

### Continued

burned. Your watch can even help you catch your dinner. Its Fish-In-Time feature displays catch probability throughout the day, while the fishing timer's alarm automatically counts down to the next ideal catch

period.

• Track nature: New apps are inspiring people of all ages to become amateur naturalists. A joint initiative of the California Academy of Sciences and the National Geographic Society, iNaturalist helps you identify plants and animals around you, record and share your observa-

tions, and connect with others doing the same. The data collected helps scientists working to protect the environment.

By leveraging new technology, you can help keep your body and mind active engaged in the months ahead for a happy and healthy fall season.

**PENDER ADULT SERVICES, INC.**  
**PROJECT DIRECTOR JOB ADVERTISEMENT**



**ARE YOU LOOKING FOR A CAREER CHANGE AND ENJOY WORKING WITH ENERGETIC SENIORS.** Pender Adult Services, Inc. sponsors The AmeriCorps Senior Volunteer Program. The program director would be responsible to work with the volunteers and clients as well as working with the sponsor staff. If you are outgoing, enjoy working with the over 55 population this job is for you. Assistance and training are available from our team at Pender Adult Services. The director would also be responsible for public relations and administration of the program and maintaining compliance with grant/federal regulations. Computer literacy and a car is required. Subject to background check. Equal Opportunity Employer. Send Resume to: Wesley B. Davis, Executive Director, Pender Adult Services, Inc. P.O. Box 125, Burgaw, NC 28425

**If you have questions about Medicare...**

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NC DEPARTMENT OF INSURANCE  
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

<div><b>Pender Adult Services October 2021</b> <b>Heritage Place—Burgaw 910-259-9119</b></div>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
10:30 TAI CHI class <i>Sign up required</i>	9:30 Crochet Group	Call for info On zoom “ZOOMBA”		10:00 Sing-a long
9:30 Fit Over Fifty 10:00 Zoom Pilates 9:45 Card Class (3rd Monday)	10:30 Geri-fit 10:30 Quilting	10:30 Bingo	10:30 Geri-fit	10:30 Chair Exercise 11:00 Monthly craft
11:30 Lunch	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 Bridge	12:30 Jenga/Yatzee 12:30 Rummikub	
<b>Topsail—Hampstead 910-270-0708</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	
9:00 Art Group 9:00 Zumba Gold	9:00 Gerifit	9:00 Quilting	9:00 Gerifit 10:00 Beginning Tai Chi	10:00 (1st)** Denentia Caregiver
10:00 Modified Pilates Zoom Pilates**	10:00 Fellowship or Crafts	10:30 Line Dance	10:30 Bingo 11:00 Gentle Flow Yoga	10:30 Zoom Pilates**
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	1:00 (2nd)Book Club**
RSVP Card Class 2nd Monday	1:00 Interm.. Tai Chi 2:00 Adv Tai Chi 4:00 Line Dancing	1:00 Canasta 1:00 Rummikub	12:30 Quilting Mahjong/ Bridge	**Call for information **Sign up required