



# Pass it on.

The Pender-Topsail  
**POST**  
& Voice

September  
2021



## Topsail Center News

Back to School is what we think of in September, and we have some new classes also; Zumba Gold Mondays at 9 a.m., and Gentle Flow Yoga Thursdays beginning Sept. 9 at 11 a.m. Beginner's Tai Chi is changing to Thursday beginning Sept. 9 at 10 a.m.

If you have always wanted to learn Tai Chi, please come, and join us. Our Tuesday 1 p.m. Tai Chi class will change to an Intermediate Class for those who already know the basics of Tai Chi.

We've been having a great time with Senior Crafts and Fellowship Tuesdays at 10 a.m.; if we don't work on a craft, we

have coffee and visit with each other. A new Line Dancing class is beginning Tuesday Sept. 7 at 4 p.m., and our Wednesday class will continue so you can dance twice a week!

We had a large turn-out for our Banana Split Party Thursday Aug. 26 sponsored by the Hampstead Women's Club with plenty of ice cream. Thank you so much Hampstead Women's Club for there's nothing better than ice cream in these fleeting days of summer.

We have some special days planned for September as well, so come by and check us out! Stay safe and we hope to see you soon.

## Bingo at the Topsail Center



Topsail clients enjoy Bingo on Thursday mornings. Check the schedule for times.

## Fall Prevention Week September 21-25

By **Shannon Bullock**  
*Deputy Director  
of Injury Prevention  
Safe Kids NC*

One in four Americans, aged 65 and over, have accidental falls every year. Falls are the leading cause of fatal and non-fatal injuries in older adults. Accidental falls are costly—both in dollars and in quality of life. This year, Fall Prevention Week will be held September 21st–25th. Our primary goal is to raise awareness in older adults in how to prevent falls.

There are many devices available on the market that can help aid senior adults when they fall. Let's explore a brief history on these devices: In 1972, Dr. Andrew Dibner, a gerontologist, was the first person to think of a life alert service that could call for emergency help when an elderly person is unable to get to their phone. It was known as the Automatic Alarm System. In 1987, Isaac Shepherd, created the Life Alert system. Life Alert is a medical alert pendant that can be worn as a necklace or a wristband. In 1992, the famous catch phrase was introduced "I've fallen, and I can't get

up!" Here are some quick tips to help prevent falls for senior adults:

- Clean up clutter. It's necessary to remove clutter and keep your home clean. Keep areas, such as hallways and staircases, clear.

- Repair or remove tripping hazards. Examine every room and hallway, looking for items like loose carpet, slippery throw rugs, or wood floorboards that may have lifted over time.

- Install grab bars and handrails. These safety devices are crucial for going up and down stairs, getting on and off the toilet, and stepping in and out of the bathtub.

- Avoid wearing loose clothing. You want to feel comfortable at home, but baggy clothes can sometimes make you more likely to fall. It is important to wear better-fitting and properly hemmed clothing that doesn't bunch up or drag on the ground.

- Light it right. Inadequate lighting is another major hazard. To create a home that is more suitable, install brighter light bulbs, particularly in stairways and narrow hallways. Night lights help with early morning bathroom use

## Positive Thinking Day Sept. 13 at Heritage Place

At Heritage Place we are planning a special day that we will say "Today is going to be a good day!" We will be planning several fun events on this day including hanging around with positive people; showing gratitude for the simple things in life; saying some affirmations.

We will also welcome a visit from the Cape Fear Memorial Foundation. Our activities for this day will include:

- Coffee hour 9-10 a.m.
- Fifty Over Fifty Demo 9:45 – 10:30 a.m.

## Card Class at Heritage Place

First card class will be held Monday Sept. 20 at 9:45 a.m. The class will be open to all guest at the center. We want to keep the class to a maximum of 10 guest therefore you will need to sign up for the class with

Delane at the front desk if you plan to attend.

Kathy Becker along with the help of Betty Rooks will be preparing the items needed for the class. See you there!

## Ten tips for Healthy Aging Month

Here are ten tips for reinventing yourself during September, which is Healthy Aging Month:

### 1. Do Not Act Your Age

Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror; just FEEL IT!)

### 2. Be Positive

Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).

### 3. Ditch the Negativity

Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving

forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)

### 4. Walk Tall

Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)

### 5 How Are Your Pearly Whites?

How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but also good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)

### 6. Lonely?

Stop brooding and complaining about having no friends or family. Do some-

thing about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)

### 7. Stand Tall

Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)

### 8. Walk 10,000 Steps A Day

Start walking not only

for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!) Make it a goal to walk 10,000 steps a day. Want to lose some weight or belly fat? Make it 15,000. You can do it!

### 9. Get Those Annual Check-Ups

Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

### 10. Find your inner artist.

Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)



Thank you to the Laurels of Pender and the Hampstead Women's club for sponsoring our Banana Split Day parties at Heritage Place and Topsail Senior Center

## R.N. POSITION

Part-time Registered Nurse position available with nonprofit rural health organization in Pender County. Responsible for home visits and performing client assessments under Medicaid provided assessment tool. 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, N.C. 28425

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PostVoice](https://www.facebook.com/PostVoice)



Find us on the Web:  
fitnessfusiononline.com  
Facebook.  
fitnessfusionnc

**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
8:00am Body Pump	6:30am RPM	8:00am Body Pump	6:30am RPM	8:00am Body Pump	9:00 Body Combat
9:45 am Fit Over Fifty	9:45 Yoga	10:45am Pilates	10:30am Geri-fit	Zoom Pilates	Close at noon
5:30pm Body Pump	5:30pm RPM	5:30pm Body Pump	5:30pm RPM		<b>Sunday</b> CLOSED

## Is your Medicare plan still right for you?

### An annual Medicare review may help you save.

## SHIIP can help.

**Medicare's Annual Open Enrollment Period is Oct. 15 – Dec. 7.** During that time, seniors who have Medicare coverage can make plan changes that may lower their costs. You could save by:

- Evaluating eligibility for low-income subsidies
- Choosing the best Part D Drug Plan based on current medications & preferred pharmacy
- Exploring available Medicare Advantage Plans

The Seniors' Health Insurance Information Program (SHIIP) offers free individual counseling to assist you in selecting the best Medicare options for you. Schedule an appointment today to see if you can save!

Pender Adult  
910-259-9119

Topsail Senior  
910-270-0708

## DRIVERS NEEDED

PAS-TRAN is now hiring Drivers.

Applications available at  
901 S Walker Street  
Weekdays only  
Call 910-259-9119 X press 1 for more information

**Subscribe online**  
**www.postvoiceonline.com**

**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 1251, Burgaw, NC 28425

## Pender Adult Services

**Presents a Fabulous**  
**Holiday Festival of Lights in**  
**Historic Charleston**

**Your 3 Day/2 Night Package Includes:**  
2 Nights' Hotel Accommodations  
2 Breakfasts at your Hotel and 2 Wonderful Dinners to Include:  
**Dinner at The Charleston Crab House on Beautiful James Island**  
**1 Holiday Dinner Cruise with Entertainment aboard: The Spirit of Carolina**  
*Enjoy an unforgettable three-hour cruise and breathtaking views of Charleston Harbor, as you savor a three-course gourmet meal (prepared to order), table-side service, your favorite beverage and live entertainment!*  
**James Island Holiday Festival of Lights**

**Guided Tour of Historic Charleston Decorated for the Holidays**

**Holiday Shopping at Charleston's Historic City Market**

Standard Taxes, Meal Gratuities & Baggage Handling  
Deluxe Motor Coach Transportation

**For Information and/or Reservations, Please Contact:**  
**Jennifer Mathews @ 910-259-9119 x 303**  
**Date of Trip:** November 14 – November 16, 2021  
**Price:** \$419.00 Per Person – Double Occupancy

**Travel Protection:** Travel Protection can be purchased at \$51.00/person – double occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable the PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. **Insurance premiums are non-refundable. Group cancellation policy applies. See group leader for details.**  
Fuel surcharges by all transportation companies may be assessed.

**\$50 REFUNDABLE DEPOSIT DUE FOR SIGN UP**  
**CHECKS ONLY FOR DEPOSIT**  
**MUST INCLUDE PHONE NUMBER AND CURRENT ADDRESS**

FINAL DECISION WILL BE MADE BY OCTOBER 10<sup>th</sup>  
FINAL BALANCE WILL BE DUE on OCTOBER 15<sup>th</sup>  
Depending on committed travelers and Covid numbers  
Masks will be required on bus ride  
Participation limited to 36 passengers

Please call Jennifer at (910)259-9119 X 303 if you have any questions.

*Medicare Open Enrollment – October 15 – Dec 7*

## September Events 2021

### Healthy Aging Month

Sept 1 – Birthday Bingo(HP) at 10:30am  
Sept 2 – Birthday Bingo(TSC) at 10:30am  
Sept 6 – Closed for Labor Day  
Sept 7 & 8 – RSVP Perks at 9:00am (Tues – HP/Wed – TSC)  
Sept 9 – Wear RED, WHITE & BLUE day (remember 9/11)

Sept 13 – *Positive Thinking Day - visit from CFMemorial Foundation*  
Fit Over Fifty Demo– 9:45am - Pavilion  
Geri-fit Demo – 10:15 am DR  
TAI CHI Demo(HP) at Pavilion at 11:00 am\*\*  
Cross in my Pocket Craft – 11:00 am DR\*\*  
Nutrition Vans will run\*\*

Sept 17 – HP Craft Day at 10:30 am \*\*  
Sept 20 – Creative Card Class (HP) at 9:45 am \*\*  
Sept 21 – *World Gratitude Day – BE THANKFUL*  
Sept 22 – First Day of Fall  
Sept 23 – Fall prevention – Join us for Geri-fit at 10:30 Special guest at 11am  
Sept 28 – *National Good Neighbor Day*

**\*\* Sign up required**

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

*Please stay home*  
*if you are not feeling well!!*

# Pender Adult Services Sept 2021

## Heritage Place—Burgaw 910-259-9119

Monday	Tuesday	Wednesday	Thursday	Friday
<i>TAI CHI Demo</i> <i>11:00 September 13</i>	9:30 Crochet Group	Call for info On zoom “ZOOMBA”		10:00 Sing-a long
<i>9:45 Fit Over Fifty</i> <i>10:00 Zoom Pilates</i> <i>9:45 Card Class</i> <i>(3rd Monday)</i>	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	12:30—Sequence

## Topsail—Hampstead 910-270-0708

Monday	Tuesday	Wednesday	Thursday	
9:00 Art Group 9:00 Zumba Gold	9:00 Gerifit	9:00 Quilting	9:00 Gerifit 10:00 Beginning Tai Chi	
10:00 Modified Pilates Zoom Pilates	10:00 Fellowship or Crafts	10:30 Line Dance	10:30 Bingo 11:00 Gentle Flow Yoga	<i>10:30 Zoom Pilates</i>
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	
RSVP 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 on Zoom “zoomba”