

PINE KNOLL SHORES
Women's Club

By Michelle Powers

The Pine Knoll Shores Women's Club celebrated the holiday season on December 2 with a Christmas luncheon for members, family and friends. With music provided by Dick Cumberland and a holiday buffet hosted by The Country Club of the Crystal Coast, it was a festive way to end the 2016 club year.

With the arrival of 2017, club members are prepared to stay active in the new year by following the healthy living tips offered by new club member Lisa Park at the November meeting.

Lisa moved to Pine Knoll Shores from Asheboro in March and immediately embraced the town's volunteer culture by joining both the Pine Knoll Shores Women's Club and the Garden Club. Lisa has many years of experience as an Active Living Coordinator, teaching Silver Sneakers exercise classes, designing fitness challenges and promoting an active lifestyle. We can counteract the normal effects of the aging process, which causes loss in bone density and muscle mass and slows metabolism, she explained, by practicing simple exercises that encourage moving, stretching and cardio activities.

Walking is the safest form of aerobic exercise, and Lisa stressed that it doesn't take fancy equipment or special clothing to engage in a healthy lifestyle. She led the group through a series of exercises that can be done at home or outside in many locations around Pine Knoll Shores. Lisa provided a list of benefits to both mind and spirit that exercise provides: strengthening heart and lungs, building bone, burning calories, fostering weight loss, boosting energy and improving mood. She led the group through a discussion of the "Power Nine"—habits or common denominators that help humans live a healthier, longer life. Studies have shown that people in various locations around the world that have the largest number of people over 100 years of age have the following in common:

1. They move naturally and regularly—their cultures encourage daily movement.
 2. They know how to "downshift" and release stress—they pray, take naps.
 3. They have a purpose in life, something to live for.
 4. They embrace the 80% rule—stop eating when full.
 5. They drink moderate amounts of alcohol each day.
 6. They eat a predominantly plant-based diet.
 7. They belong to the "right tribe"—their cultures encourage socializing and daily contact with others.
 8. They live in faith-based communities.
 9. They put their loved ones and families first and commit to a life partner.
- Try some of the above behaviors in 2017 for a more balanced, stress-free and longer life.

The next meeting of the Pine Knoll Shores Women's Club is scheduled for January 27 at town hall, beginning at 9:30 a.m. Dr. Michael Souci, chief pharmacist of Carteret Health Care, will speak about drug interactions.

How to Reach a PKS Police Officer

There is an alternative method to reach a Pine Knoll Shores police officer for non-emergency situations. If you need to ask a question or simply pass along information, please call 726-1911 and your call will be answered by the County Communications Center. When you ask to have a Pine Knoll Shores officer call you, the operator will ask for your number and the nature of the call. An officer on duty will call you directly on the number you provide.

If there is suspected criminal activity or if you need an officer to come to your location for another reason, call 911. It is essential that officers be centrally dispatched via the 911 system when physically responding to a location.

**ENROLL
TODAY**



MEDICAL PARK
PHARMACY & HOME MEDICAL

SimpleMeds PROGRAM

We manage your medications so you can manage life.

What is SimpleMeds?

Medical Park Pharmacy SimpleMeds Program is designed to simplify your life by helping to make taking your medicine less of a chore.

The SimpleMeds program is a perfect solution for you and your family to make sure your medications are taken exactly as they have been prescribed for you.

All your prescriptions are synchronized to be refilled on the same day of the month. We also offer free delivery!

If your medications change, our pharmacist will work with you to make the necessary changes to your program so that it continues to work smoothly.

What are the benefits to you and your family?

1. Save time and money.
2. Peace of mind.
3. Requires only one trip to the pharmacy or get free delivery!
4. No need to call in prescription refills.
5. Build a better relationship with our pharmacists.
6. Taking your medications as prescribed will make you healthier.

it's easy.

it's convenient.

it's free.

Beaufort	Main Store	Morehead West	Newport
1513 Live Oak St. <i>(in front of Ace Hardware)</i>	301 Penny Lane <i>(behind the hospital)</i>	278 Hwy 24 <i>(next to Wal-Mart)</i>	129 Nine Foot Rd. <i>(near Food Lion)</i>
P (252) 504-2800	P (252) 726-0777	P (252) 726-0279	P (252) 223-3080
F (252) 504-2805	F (252) 726-6497	F (252) 726-0792	F (252) 223-3090

