

PROMOTING *Healthy & Fulfilling Lives*

Pender Adult Services has suspended activities at our senior centers in response to the COVID-19 crisis. We are working to meet nutrition needs for our clients. We will continue to offer Take outs on Tuesdays for our current congregate meals clients. These clients are 60 and older and are in the high-risk group.

This program is **drive-through only**. The senior must call by 10am on the Monday prior to receive a meal. Call 910-259-9119, press 0 to speak to our receptionist or you may leave a message. Consumer contributions are appreciated.

***Hot meal for April 14 – Meatloaf, Mashed Potatoes, Vegetable, Fruit, Milk***

***Hot meal for April 21 – BBQ Chicken, Broccoli & Rice Casserole, Fruit, Bread, Milk***

***Hot meal for April 28 – Spaghetti & Meatballs, Vegetable, Fruit, Bread, Milk***

We will continue to send out meals to Home Delivered Meals clients and Congregate clients that ride PASTRAN weekly on Tuesday between 11 – 1. These clients are receiving the hot meal, one cold plate and (3)shelf meals for the week. We are asking clients to call if this service is not needed or that they may not be home on delivery day. This procedure will be followed for at least the next 15 days but likely longer.

We will re-evaluate as information is received.

Our Offices are open for Staff only. We are doing business by phone. Please call us if we can assist you. Many of our staff are working from home but are checking voicemails daily. Thank you for your patience. Stay home and Stay safe.

We are thinking creatively about helping with loneliness, isolation and boredom. Here are a few suggestions:

Exercise at home -using Geri-fit instructions.

Call a friend or your grandchild. We have been using FaceTime to see family.

Learn something new!

Find a good book. It can be one you have read before.(I know the library is closed too)

Do a puzzle. (IF you would like to share one drop it off at Heritage Place).

Listen to music. Dance in the living room!!

Take this time to think of some craft ideas that you would like to do or games that you might like to play when we are able to open back up. Share these ideas with us!!

Only watch the news 1-2 times a day.

It is spring time – put a chair in the front yard and speak to your neighbors- 6 feet apart.

Listen to the birds.

Stay home & Stay safe!

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