



Pass it on.

Helpful information
to enhance senior living
provided by
Pender Adult Services

April
2014



Photo contributed

Senior centers in Burgaw and Hampstead provide a place for seniors to meet friends and make friends.

Home Sweet Home

The best place to enjoy the golden years

By Rebecca Boggs, RN
Special to Pass It On

Believe it or not, most senior citizens report that death is not their biggest fear. According to a study commissioned by Clarity and The EAR Foundation, most seniors fear losing their independence and having to move to a facility or in with a family member more than dying.

Not surprisingly, with increasing popularity, baby boomers are choosing to remain in the comfort of their homes to live out their golden years. And with home care services on the rise, there are plenty of resources available to provide a way for them to do so safely.

If you are lucky enough to reach the time in your life where aging has made certain tasks difficult, then home care may be an option to help you keep your independence and continue enjoying your golden years in your favorite place - home.

There are a number of advantages to aging at home.

•Keeping the comforts of home: Your morning coffee in your favorite chair with your beloved pet. Home is the place where memories have been made and your routine established. Your familiar things are close by just makes you feel better.

•Preserving independence: As we age, certain tasks become more difficult, such as changing the linens, carrying the groceries, and vacuuming the floors. These are just a few tasks that become more challenging. Having someone handle the big tasks allows seniors to avoid the risks associated with the more strenuous home care tasks and keep their independence.

•Personalized professional care: Care in your home is planned according to your unique needs. A quality home care service offers a range of care services that is different for each client. From medication reminders to range of motion exercises, assistance bathing or hair care, to shopping and meal preparation.

Whatever your needs are to continue living at home, your home care provider can work with you to create a plan. When choosing a quality home care provider, you can rest assured that you are receiving competent and compassionate care from certified nurse aides under the supervision of registered nurses.

•More affordable: Aging at home is the most cost effective option for seniors who can do so safely. This is especially true when you choose a home care provider committed to reasonable rates without contracts.

•Peace of mind for you and your loved ones: Don't worry about being a burden on your loved ones. Care in your home lets you enjoy your friends and family while receiving the assistance you need to continue living at home.

While most loved ones readily accept the responsibility of caring for aging family members, they may not be able to provide the level and regularity of care needed to keep you in your home.

Taking advantage of home care services enables you to enjoy your family and still receive the assistance you need. They don't have to worry about you and you don't have to feel like another layer of responsibility on their already overscheduled days.

Pender Adult Services is committed to offering quality, dependable, and compassionate care in your home. Regular exercise, maintaining a healthy weight, eating a diet rich in fruits and vegetables, and drinking lots of water will help you age well and stay active longer.

But when the time comes and you need a little assistance to stay in the home you love, Pender Adult Services will be there to help!

Call today for more information or a free in-home assessment at 910-259-9119 extension 319.

RSVP companion care

By Barbara Mullins
RSVP Director
Special to Pass It On

The Retired Seniors Volunteer Program calls Pender Adult Services one stop shopping.

In this day and age, there are so many things that seniors need or have questions about. Pender Adult Services has two Senior Center locations that provide donation based lunch for seniors, programs (including exercise class called Sit and Be Fit) social opportunities (ie: crafts, quilting, painting, cards, bas-

ket weaving, etc) as well as senior related information and assistance.

RSVP companion care can provide a volunteer for two-four hours a week. The goal of RSVP's companion care program is to help a senior live independently at home for as long as possible.

This RSVP volunteer becomes a friend and RSVP connects to as many services as possible to provide the support needed. It is also known that a caretaker is a better caretaker when respite is provided. RSVP volunteers provide respite care so the

caretaker can have some free time for themselves.

Another big part of RSVP is the connection with Pender Adult Services in-home aid program. Often we see that our senior friend needs more than a volunteers help. PAS can assist with a Certified Nursing Assistant (CNA) either through PAS Respite Care Program or Private Pay program (Please see Home Care Article). The RSVP volunteer is still involved, but additional support is available.

Call Barbara at 910-259-9119 (ext 329) should you have a need for RSVP support.

New transportation service planned, Pass It On Fair scheduled for May 15

Do you need a ride to Wilmington or Wallace? Pender Transportation is planning to offer new service to Duplin and New Hanover County lines.

Make plans to attend the Pass it On Fair. This free event will be Thursday, May 15 at 12:30 pm. It will be held at Pender Adult Services, Heritage Place located at 901 S. Walker Street, Burgaw.

Freebies, flyers and brochures will be given along with a presentation on various programs

we offer at Pender Adult Services.

How to apply for services as well as applications for service will be available. Volunteering and/or employment information will be available. We are targeting new individuals for services.

If you need to schedule a Transit ride to this event, please call 910-259-9119, press 1. For more information about the event contact Valerie Sutton at 910-259-9119 ext 321.

Topsail Silent Auction May 1

The Topsail Senior Center will be holding its annual Silent Auction and Dinner on May 1. The event is a fundraiser to benefit the Meals on Wheels Program and to provide funds for improvements to the facility.

As you may know, many older adults in Pender County are homebound and suffer from poor nutrition. The Meals on Wheels Program provides a warm well balanced meal to shut-ins across Pender County on a daily basis. The center provides many valuable services to the citizens of Pender County.

The center is a nonprofit

program depending heavily upon the generosity of the local community. This event is a special opportunity to support those in our community.

Many businesses have already been contacted but if you would like to donate a new item or provide a sponsorship you may contact the Topsail Senior Center. All sponsors will be provided recognition on site and in the Silent Auction program.

The event will include music, dinner, and a time for bidding on items donated by the community. It is a pleasurable evening to benefit a

worthwhile cause.

We are excited about the potential success of this event. We trust you or your fine business will choose to take a vital role in this endeavor to meet the needs of Pender County's elderly.

Tickets for the event are available for sale at the Topsail Senior Center at a cost of \$20 per person. Call 270-0708 for more information.



National Healthcare Decisions Day Wednesday, April 16, 2014

All adults can benefit from thinking about what healthcare choices they would want made on their behalf if they were unable to speak for themselves—and writing those decisions down in an advance directive so that others know what they are. National Healthcare Decisions Day is a nationwide event to encourage the public and providers to take action on advance directives.

In-County Transportation Available

Pender Transportation is accepting
New in-county riders
Call 910-259-9119 Press 1

Shopping, Grocery, Work
Rural General Public (RGP) Transportation
Employment Transportation

Certain restrictions apply for trips
and Medical appointments.
Services may be interrupted
if funding is not available.



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Jimmy Wilson, Pharm. D
Randy Spainhour, Rph.
Krista Strickland, Pharm. D

This store gladly accepts Medicaid, Medicare, Blue Cross/Blue Shield, State Teachers Plan and most other third party prescription plans.

VISIT OUR
Old-Fashioned
SODA
FOUNTAIN

Open Monday - Friday
9 a.m. - 6 p.m.
Saturday 9 a.m. - 1 p.m.

FREE DELIVERY

Mark your calendar

Wellness Checks

Provided by PAS

Fitness Fusion – First Monday 4:30 p.m.

First Wednesday 9:30 a.m.

Blood Pressure Screenings

Provided by Health Department

Topsail Senior Center

Third Tuesday 11 a.m. until 1 p.m.

Heritage Place

Fourth Thursday 11 a.m. until 1 p.m.

Weight Watchers

Thursdays at Heritage Place

4:45 p.m. weigh in and program follows

Pender County Blind Group

Heritage Place

Second Wednesday 1 p.m.

Caregivers Support

Topsail

Wednesdays at 12:30-2 p.m.

Heritage Place

Fourth Thursday 11:30 a.m.

NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Personal Care, Sitter, Light house keeping, Respite

Pender Adult Services, Inc.

Offers assistance in the home for individuals and their families in Pender and Duplin Counties. Services include CAP In-Home aide, Personal Care & Private Pay. CALL NOW FOR MORE INFORMATION!

Phone: 910-259-9119
Fax: 910-259-9144

Contact: Rebecca Boggs, RN

Caregivers Needed...we are hiring!!
Call today to start your new career!
Ask for Anna at 259-9119 x 318

New technologies help seniors age at home

(StatePoint) Nearly 90 percent of people 50 years old and up want to remain at home as long as possible, according to a recent AARP study.

If you have an aging parent or grandparent, having a discussion about his or her alternatives is important. But remember, it can be a sensitive subject, especially when he or she has lived in the same place for a long time. So before broaching the issue, be sure you understand all the options that might allow for aging-in-place at home.

"If you're considering an assisted living facility for a loved one, make sure you look at new technologies first to see if you can help he or she remain independent, secure and connected from the comfort of home," says Walt Podsiedlak, Health and Wellness Sales Manager at Linear LLC, a leading provider of wired and wireless security technology for seniors.

This starts by discussing the greatest challenges your loved one faces, such as mobility, personal care and meals, and determining what kind of technology or service addresses those specific needs.

One of the most widely used technologies by individuals aging-in-place are personal emergency reporting systems (PERS), that can send for help in an emergency, amongst other functions. PERS devices have made significant leaps since TV commercials first popularized them in the 1980s. For example, new systems like the Linear PERS-4200 console still connect a wrist or necklace pendant to a central monitoring station for push-button emergency reporting, but useful new features have also been added.

Here are some features to look for and consider when picking the right PERS technology:

- Temperature sensors can provide alerts to update central stations of hazardous conditions.

- An activity timer can be programmed to send a signal if a preset amount of time elapses before either an activity transmitter is triggered or the console's "home" button is pressed.

- Audible reminder messages can be set on a recurring schedule to highlight doctor's visits, when medication should be taken or even social activities.

- Some consoles can serve as speaker phones, allowing for convenient communication.

- Take note of the range between a transmitter and a console. For example, if your mom likes to garden, be sure the range of the PERS is wide enough to include the yard.

- Transmitters can be wristbands, pendants, belt attachments or even appear as jewelry. Discuss what would serve your loved one most conveniently.

- Consider the battery life of the transmitter and if it's waterproof.

- As for cost, users should expect to pay an installation fee, and a monthly PERS monitoring charge. PERS device repair and replacement policies should also be considered.

More information can be found at www.LinearCorp.com.

Aging-in-place technology is truly shaping the future for seniors. Before making any major decisions, look into all your options.

Geri-Fit

A Strength Training Workout For Older Adults

Helps Improve

- Muscular Strength
- Balance and coordination
- Motor skills and reaction time
- Flexibility and gait
- Arthritic conditions
- Bone density



Ger-Fit is a 45-minute strength training exercise class for older adults. No aerobics, choreography or dancing, and best of all, there's no floor work! Most of the exercise are performed seated in chairs. Requires just a set of 2-pound dumbbells, a stretch band and water to drink during the workout. Open to men and women of all senior ages and fitness levels; work out at your own pace. Classes are taught by a Certified Instructor. Eight, 45-minute class in each term described below. To register, call Jennifer Mathews at 910-259-9119 ext 303.

WHERE: Heritage Place

WHEN: Tues/Thurs 11:00

DATES: Begins April 1st



WHERE: Topsail Senior Center

WHEN: Tues/Thurs 9:15 am

DATES: Begins April 8th

Outer Banks trip May 6-8

Includes: 2 nights hotel, 2 breakfast, 2 dinners, transportation Currituck Heritage Park, Currituck Beach Lighthouse & Bodie Island Lighthouse Elizabeth II & Elizabethan Gardens, Roanoke Island Festival Park, Aquarium, & Wright Brother National Memorial
Call Jennifer Mathews at 259-9119 extension 303

Tai Chi classes

Beginners class at Heritage Place Mondays at 11 a.m.

For more information call 259.9119, ext. 0

Tai Chi Beginners Class at Topsail Senior Center Tuesdays at 3:15 p.m.

Advanced Tai Chi Topsail Senior Center Thursdays at 11:15 a.m.

Call 270.0708 for more information

Pender Adult Services, Inc

Heritage Place Opportunities

Phone: 910-259-9119

Monday
8:00—7:00

9:00 Oil Painting
11:00 Tai Chi
12:00 Meals
1:00 Bid Whist
1:00 Canasta
2:00 Senior Chorus
6:00 Line Dance

Tuesday
8:00—5:00

9:00 Crocheting
9:00 RSVP Perks (1st)
11:00 Geri-fit
12:00 Meals
12:30 Pinochle
1:00 Quilting Group
1:00 Jewelry
1:00 Knitting Group

Wednesday
8:00—5:00

9:00 Basket Class
11:00 Bingo
12:00 Meals
1:00 Bid Whist
1:00 Bridge
1:00 Blind Support Group(2nd)

Thursday
8:00—5:00

7:00 Burgaw Rotary
11:00 Geri-fit
12:00 Meals
12:45 Rummique/
Mexican Train
3:00 Quilting/Sewing Club

Friday
8:00—3:00

11:00 Bingo
12:00 Meals

Saturday—closed
Facility Available
For Rentals

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday
8:30 am—5:00 pm

10:00 Modified PILATES
12:00 Meals
12:30 Tree Top Quilters(2nd)
3:30 Hospice Trg (3rd)

Tuesday
8:30 am—5:00 pm

9:00 Baskets
9:15 Geri-fit
Health Checks—(3rd)
10:30 Feel Good Fun
12:00 Meals
2:00 Gentle YOGA
3:00 Adv. Tai Chi

Wednesday
8:30 am—5:00 pm

9:00 Quilting Bee
9:00 RSVP Perks (1st)
10:00 Knitting Group
12:00 Meals
12:30 Caregiver class
1:00 Woodcarving
1:00 Taxes (Feb-April)
5:30 Guitar Group

Thursday
8:30 am—5:00 pm

9:15 Geri-fit
10:00 Vinyasi YOGA
10:00 Bingo (earlier time)
11:15 Tai Chi
12:00 Meals
1:00 Quilting Class
1:00 Mahjong
1:30 Bridge

Friday
8:30 am—2:30 pm

9:00 Wood Carving
10:00 Cribbage
12:00 Meals
12:00 Vitality in Action
1:00 Sign Language Class
Saturday—closed
Facility Available
For rentals

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Monday

Open 5:30—9:00
8:30 BODYPUMP
9:40 YOGA
10:45 FIT OVER 50
4:00 Health Checks (1st)

Tuesday

Open 5:30—9:00
8:30 CARDIO BLAST
9:40 YOGA
10:45 FIT OVER 50

Wednesday

Open 5:30—9:00
8:30 BODYPUMP
9:30 Health Checks (1st)
9:50 PILATES

Thursday

Open 5:30—9:00
8:30 ZUMBA
9:40 YOGA
10:45 FIT OVER 50

Friday

Open 5:30—9:00
8:30 BODYPUMP
9:50 PILATES
5:30 BODY PUMP

Saturday
Open 8:00—2:30
9:00 ZUMBA



Pender Adult Services is committed to providing our community a safe, stable, environment in which individuals can maintain their independence, good health practices, and a healthy sense of self-esteem.

