



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

April
2016



The Topsail Senior Center Tuesday Craft Class colored Easter Eggs and worked on an Easter craft.

Retired Senior Volunteer Program

By Barbara Mullins
RSVP Coordinator

April is Volunteer Appreciation Month and we thank volunteers serving throughout our Nation. April 2016 is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their local communities. Without volunteers this Nation would be in terrible shape because volunteers save the Government

millions of dollars.

Here in Pender County we celebrate RSVP (Retired Senior Volunteer Program) who do exceptional service and the impact is huge! Word travels fast and referrals come to our office every day for Respite Care, Companion Care, Reading Buddys in K-12 schools in Pender County, delivering Meals on Wheels, making Check-In telephone calls, and mentoring our developmentally challenged young adults.

We look forward to welcoming more volunteers so we can serve more and more. RSVP demonstrates that by working together we have the fortitude to meet our challenges and accomplish our goals.

Thank you Pender County RSVP volunteers for your devoted service, loving hugs, cheerful ways, and huge smiles.

You are the best of the best! To be a part of this special group call me at 910-259-9119 ext 329)

Topsail Senior Center news

By Kay Stanley
Topsail Senior Center

We will be holding our Silent Auction at the Topsail Senior Center on April 21. This event is to benefit the Meals on Wheels Program and to provide funds for improvements to the facility.

The evening will include an auction, appetizers, a wonderful dinner and en-

tertainment.

From a coordinator's perspective, I am excited about the potential success of this event. When you go out and deliver meals you really gain insight into the needs of this population. The needs are great. We appreciate your considering contributing to this event.

Tickets are available at Topsail Senior Center in Hampstead. If your business

would like to donate an item you may contact Jennifer Mathews at 910-259-9119.

The center was built in 1996 and provides many valuable services to the community. The center is a nonprofit program depending heavily upon the generosity of the local community.

This event is a special opportunity to support this program in the Hampstead community.

Medicare's preventative services help you stay well

Your Medicare benefits can do more than help cover the costs of doctor and hospital bills. Medicare's preventive benefits help you to be proactive with your health in order to avoid serious illnesses or chronic conditions such as diabetes, heart disease and cancer.

Whether you get a flu vaccine, are screened for diabetes or other illnesses, or want help to quit smoking, Medicare preventive services are covered no matter what kind of Medicare health plan you have.

Preventive services include exams, lab tests, screenings, vaccines, monitoring and information to help you take care of your own health.

Medicare covers preventive care whether you're in Original Medicare or a Medicare Advantage Plan (also known as a private health plan).

If you have Original Medicare, you pay no coinsurance or deductible for certain preventive services if you see a provider who participates in Medicare. Medicare Advantage Plans must also cover the full cost for preventive services that are free under Original Medicare as long as you follow the plan's rules. Call your plan for details.

The following is a list of preventive services that are covered with no deductible or coinsurance:

- Welcome to Medicare Preventive Visit
- Annual Wellness Visit
- One-time Abdominal Aortic Aneurysm Screening
- Alcohol Misuse Screening and Counseling
- Mammogram Screening
- Breast Examination
- Cervical Cancer Screening
- Colon Cancer Screening
- Depression Screening
- Diabetes Screening
- Heart Disease Screening
- HIV Screening
- Medical Nutritional Therapy

• Obesity Screening and Counseling

- Osteoporosis Screening
- Prostate Cancer Screening
- Smoking Cessation
- Sexual Transmitted Infection Screening
- Vaccines

SHIP is part of the North Carolina Department of Insurance and assists people who have questions about Medicare, Medicare Part D, Medicare supplement, Medicare Advantage and long term care insurance. SHIP also helps citizens recognize and prevent Medicare billing errors and possible fraud and abuse through the N.C. Senior Medicare Patrol program.

Trained SHIP counselors are available at Pender Adult Services. Please call 910-259-9119 for free, unbiased counseling appointments in Burgaw or Hampstead.

Public information meeting for PASTRAN

Do you have an interest in public transportation needs in Pender County?

Pender Adult Services Transportation (PAS-TRAN) is preparing a locally coordinated human service transportation plan to help address additional transportation needs

for public transit users.

The public meeting will be held April 11 from 1:30-3:30 p.m. at Heritage Place, 901 S. Walker St. in Burgaw.

More info: Valeria N. Sutton, (910) 259-9119 (ext. 321), vsutton@penderpas.com.

Eat well, shop smart and be healthy

Better Choices, a nutrition program for older adults will be offered at the Topsail Senior Center beginning April 5 at 12:15 pm.

The program benefits include sampling new healthy foods, a cookbook, and water bottle, learning strategies for healthy living and saving money. All this is wrapped up in eight engaging 45-minute

sessions.

Sign up at Topsail Senior Center by April 5 at the first class.

The course in engaging and interactive. Participants are encouraged to work with each other to consider meal plans and shopping wisely. The Topsail Senior Center is located at 20959 Hwy 17, Hampstead.

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

Memorial and Honorary Giving Program

Your Gifts to

Pender Adult Services, Inc are
acknowledged with grateful appreciation

Community Contributors

Emma Anderson Memorial Chapel

Wardell & Ruby McDuffie

Willarlea Ruritan Club

Thank you for your support!

Donations to PAS are tax deductible. For more Information on the Pender Adult Services Memorial and Honorary Giving Program please contact Wesley Davis at 259-9119

PAS-TRAN advisory board meeting

Monday, April 11 11:30 a.m. until 12:30 p.m.
Pender Adult Services Heritage Place Board Room
901 S. Walker St., Burgaw, NC 28425
More info: Valeria N. Sutton, (910) 259-9119 (ext. 321),
Or email vsutton@penderpas.com



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WISHES TO THANK OUR
5K/10K RACE SPONSORS**

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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.

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Old-Fashioned
SODA
FOUNTAIN

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

FREE DELIVERY

Living with grief series

Living with grief is a six-week series that will be offered at Heritage Place, Burgaw beginning April 8 at 12:30 pm. This series is offered in cooperation with Lower Cape Fear Hospice and will be led by Greg Yeager.

To register for this series call 910-796-7991.

Better Choices

Nutrition Program for Older Adults

Program Benefits

- Sample new healthy foods
- A cookbook, water bottle, and other items for you to keep
- Learn and share strategies for healthy living and saving money
- 8 engaging and interactive sessions

Start Date (Days): April 5, 12, 19, 26, May 3, 10, 17, 24

Time: 12:15 - 1:00 pm

Location: Topsail Senior Center 20959 Hwy 17, Hampstead, NC 28443

For more information or to sign up, contact: Call 270-0708
Sign up at Topsail reception desk or by April 5 at the first class.



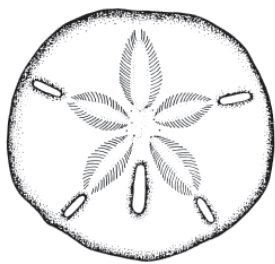
A Diabetes Alert Day was offered at Heritage Place on March 22, 2016. The Wilmington Family YMCA & Pender County Health Department sponsored the event.



Prescription Brown Bag
Sponsored by Walgreens, Burgaw

April 12, 2016
May 10, 2016
June 14, 2016

Bring all your medicines in a brown bag and a Walgreens Pharmacist will review them. First come, first serve between 12—1 pm in the Heritage Place, Board room.



*Topsail
Silent
Auction*

Thursday, April 21, 2016
6:00 pm – Topsail Senior Center

Tickets: \$20 per person

Join us for an evening of entertainment with wine, hors d'oeuvres and dinner to benefit the Meals on Wheels Program for the Homebound Elderly

Celebrating 20 years
Topsail Senior Center
20959 Hwy 17
Hampstead NC 28443
(910)270-0708

***Pender Adult Services
April 2016 Calendar***

April 5 - Perks - 9 am - HP
April 5 - Better Choices Begins (TSC) - see article
April 6 - Perks - 9 am - TSC
April 8 - Living with Grief Begins (HP) - see article
April 12 - Art Class with Mitchell - 10 am HP
April 12 - Walgreens Brown Bag Event - 12 - 1 (bring your medicines)
April 13- Blind Support Group 1 pm - HP
April 14 - Widows Support Luncheon - 12:00 HP
April 21 - Topsail Silent Auction
April 28 - Caregivers Support Group - 11:30 am HP
April 28 - Blood Pressure Checks & Hep C Education- HP
Call Topsail for Caregivers Support date - one Friday each month, dates vary.
May 9 - Medicare 101 Education Workshop - 5:30 - TSC
Cancer Support Luncheon - 12:00 - HP canceled this month

TAXES?

NHC library (Main)
Monday - Friday 9:00 - 1:00
No appointment necessary
Bring last year's tax returns and all applicable documents
Hampstead...American Legion Post #167
US16660 US 17, Hampstead NC
Behind Midway Inspections, just past UHaul Rental
Monday - Wednesday afternoons 1 - 5 pm

Pender Adult Services Class Schedule

Heritage Place Opportunities

Phone: _____

Phone: 910-259-9119

Monday 8:00—7:00	Tuesday 8:00—5:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:00 Oil Painting (on hold)	9:00 Crocheting	9:00 Basket Class	10:30 or 11:15 Geri-fit	
12:00 Meals	9:00 <i>RSVP Perks (1st)</i>	11:00 Bingo	11:30 Caregivers Support (4th)	11:00 Bingo
1:00 Bid Whist	10:30 or 11:15 Geri-fit	12:00 Meals	11:30 Health Checks (4th)	12:00 Meals
1:00 Canasta	12:00 Meals	1:00 Bid Whist	12:00 Widow's Support (2nd)	
3:00 Lamplighters Chorus	12:30 Pinochle	1:00 Bridge	12:00 Cancer support lunch (3rd)	Saturday—closed
6:00 Line Dance	1:00 Quilting Group	1:00 <i>Blind Support (2nd)</i>	12:00 Meals	Facility Available
	1:00 Jewelry		1:00 Rummyque	For Rentals
	1:00 Knitting Group		3:00 Quilting/Sewing Club	

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—2:30 pm
9:00 Art Group	9:00 Baskets	9:00 Quilting Bee	9:00 Geri-fit	11:00 Line Dance
10:00 Modified PILATES	9:00 Geri-Fit	9:00 <i>RSVP Perks (1st)</i>	10:00 YOGA & Cribbage	12:15 Beginning Line Dance
12:00 Meals	10:00 Senior Crafts & fun	10:00 Knitting Group	10:00 Bingo	12:00 Meals
1:00 <i>Tree Top Quilters(2nd)</i>	12:00 Meals	12:00 Meals	12:00 Meals	Caregivers Support **
3:00 <i>Hospice Trg (2nd)</i>	2:00 Gentle YOGA	1:00 Canasta	1:00 Quilting Class	**Call for info
	3:15 Tai Chi		1:00 Mahjong	Saturday –closed
			1:30 Bridge	Facility Available

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>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.</i>	Open 5:00—9:00	Open 5:00—9:00	Open 5:00—9:00	Open 5:00—9:00	Open 5:00—9:00
	5:30 RPM Cycling	5:30 RPM Cycling	7:00 RPM Cycling	5:30 RPM Cycling	5:30 RPM Cycling
	8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	8:30 ZUMBA	8:30 BODYPUMP
	9:40 YOGA	9:40 YOGA	9:30 Health Checks (1st)	9:40 YOGA	9:50 PILATES
	10:45 FIT OVER 50	10:45 FIT OVER 50	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
	4:30 Health Checks (1st)	5:30 BODY ATTACK	12:15 RPM Express	5:30 TURBO KICK	Saturday Open 8:00—2:30
	4:30 RPM Cycling	5:30 RPM Cycling	5:30 BODY PUMP	5:30 RPM Cycling	8:30 RPM Cycling
	5:30 BODYPUMP	6:30 ZUMBA	6:45 RIPPED	6:30 ZUMBA	9:30 ZUMBA
6:40 ZUMBA	6:30 RPM				