

Helpful information to enhance senior living  
provided by Pender Adult Services

**Pender Adult Services**  
**STATE FAIR 2019**  
**October 22, 2019**  
**Cost: \$25 transportation fee**  
**call 259-9119**  
**for more information**

# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

August  
2019



## RSVP News

By Barbara Mullins  
RSVP Director

Retired Senior Volunteers Program (RSVP) is closing our third year of this grant cycle. We are completing our ninth year overall and it is certainly special to report some outstanding things this year.

Exceptional (especially since our group are 55-94 years of age) that we had 62 new volunteers join our RSVP program. That is a record amount and my favorite part of RSVP is to welcome new volunteers into our program so we can continue to grow each work plan and offer more assistance throughout Pender County.

We host 234 volunteers working in Pender County this year. But remember, this is a huge County so we always have a need. We served over 100 people Meals-on-wheels and more homebound seniors were added to routes and volunteers readily agreed to deliver a few more meals, even when routes were extended a bit.

Total hours RSVP volunteers served from July 2018-June 2019 were 16,644 hours – that is just super. Hurricane Florence took the homes away of quite a few RSVP volunteers and took others away from NC to safer spots until they could return home.

Others shared their time to help their church rebuild and assist their community. We lost much time in schools that were closed many weeks and our Centers were closed so meals did not go out or weeks. And still RSVP volunteers stood steadfast in their passion to serve others.

RSVP/SHIIP volunteers served 463 clients and saved them \$509,166 in 2018. This does not include all the numbers from our Prescription Assistance clients. Our connection with Road to Recovery now boasts 12 drivers and Pender County is well on the way to growing this program and helping cancer clients get the treatment they need without a concern about transportation.

Reading Buddies program ran smooth this year, despite

our battle with Hurricane Florence in September. Almost 500 students were awarded time with a Reading Buddy and school officials have stated over and over, that RSVP volunteers are mentors, adults the student can look up to and count on to be there each week, they are role models, cheerleaders, and valued in the classroom.

Teachers were so appreciative of our volunteers, students looked forward to our volunteers each week, almost every student promoted to the next grade and many teachers requested Reading Buddies in 2019-2020 school year. We cannot expect huge leaps in reading levels because the students we are working with are behind and are needing this additional help.

So when we see an increase it is so heart-warming because we know our Reading Buddy volunteer has connected with them and they are on the rise for a better year this coming school year.

This year 60 RSVP volunteers were able to help seniors in our companion and respite program. The visits, telephone call, and advocacy have more than assisted seniors living at home. We have seen some pretty sad cases turn into happier clients, bonding between volunteers and clients, and more stable and healthier living situations.

RSVP Call Care program grew quickly as more seniors need a check-in call during the week. Because of this added socialization (even over the phone these homebound seniors felt more cared about) these clients saw less emergency room visits this year and had less Doctor appointments.

---Socialization is such a huge part of healthy living. I witnessed this month a client that called her Call Care volunteer “because she was on her heart and wanted to check on her” and another told her volunteer “I so look forward to your call. I do not know what I would do without you.” These are the advantages of volunteering, the paybacks are enormous!

Meals on Wheels volunteers this week, Shari Capps, who delivered MOW for more than 14 years. Shari is survived by her husband Leo, who was also a dedicated MOW volunteer. We will miss Shari who not only kept up with her MOW clients even after she was unable to deliver and when she delivered on Wednesdays, brought flowers from her church each week for the Seniors to enjoy. Our deepest sympathy goes out to Leo and family.

Please join us for our regularly scheduled weekly exercise, games and crafts each week, for a “cool” place to have fun!

## Gorgeous Grandma Day at Heritage Place



Gorgeous Grandma Day was held at Heritage Place in Burgaw in July. Bernice, Vilinda, Joy and Margaret (top) dressed to impress. Dorothy, Lydia, Mary and Orpah (middle) had a great time at the event. Connie, Essie and Paddy (bottom) were in their Red Hat attire.

## Topsail Senior Center News

By Donna Murphrey  
Topsail Senior Center

Summer is flying by and in preparation for fall Medicare Open Enrollment, we are having a free Medicare 101 Seminar Sept. 16 from 5:30-7 p.m. To join us, call 910-270-0708 to register.

We held our Hurricane Preparedness presentation July 23 and received very useful information from Katrina McDaniel with Hope 4NC/ Pender County. Hurricane Season is upon us so please stay informed and have your hurricane supplies ready.

We lost one of our long time



## Licensed CNA Positions Available

Pender Adult Services is hiring CNA's.

All areas including Burgaw, Rocky Point, Currie, Maple Hill and Hampstead.

Must have reliable transportation.

Contact Anna or Cathy at 259-9119 ext. 2

## Are the high costs for prescription drugs at your pharmacy creating a burden on your finances?

It's easy to qualify for our Prescription Assistance program.

If you are...

- A United States Resident
- Do not have Medicaid to cover outpatient medications.
- Have income, but still, can't afford your medications.
- Have insurance, but have a high deductible, or can't afford your co-pay.

Questions? Give us a call.

910-259-9119 Press 5





Join the group at Fitness Fusion for Fit Over 50 on Monday, Tuesday and Thursday at 10:45 p.m. Call Fitness Fusion at 259-0422 for more information about membership.



# FREE MEDICARE SEMINAR

SHIIP, the Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. SHIIP will be conducting a free seminar entitled:

## Medicare 101

The seminar is open to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session.

Event Date: Monday, August 5, 2019

Event Time: 5:30 pm

Event Location: Heritage Place

Location Address: 901 S Walker Street

Location Address: Burgaw, NC 28425



To register, call:  
**(910) 259-9119 X 0.**  
For additional information, contact:  
**Jennifer Mathews**

**1-855-408-1212 • www.ncshiip.com**  
North Carolina Department of Insurance  
Mike Causey, Commissioner

# Memorial and Honorary Giving Program

In Memory of

*Shirley Sidbury*

By Susan & Chris Blake

Contributions have been  
received recently from

*Hampstead Women's Club*

*Willarlea Ruritan Club*

*Thank you for your contributions*

Have you considered a gift to Pender Adult Services?  
We appreciate your support for services that we offer!

Your donations to PAS are tax deductible.

An acknowledgement will be sent whether donation  
is in Honor or in Memory of individual or group.

For more information on Pender Adult  
Services Memorial and Honorary Giving Program  
please contact Wesley Davis at 910-259-9119.

## Pender Adult Services August 2019

August 3 – National Watermelon Day! Go Get some Watermelon!!  
August 5 – Medicare 101 – 5:30-7 p.m. Heritage Place  
August 6,7 – No RSVP perks this month – check with Reading Buddies training  
August 12 – Bowling to Ten Pin Alley – please sign up, fees apply  
August 13 – Pender Memorial Hospitals – Farmers Market 10 a.m. until 1p.m.  
August 14 – Pender County Retired School Personnel meet – 11 a.m. (HP)  
August 14 – Blind Support Group meets – 1 p.m. (HP)  
August 15 – Health Checks offered by PCHD – 11:30 a.m. (TSC)  
August 20 – CFCC Student Intern's Start  
August 22 - Health Checks offered by PCHD - 11:30 a.m. (HP)  
August 22 – Caregivers support group - 11:30 a.m. (HP)

# Pender Adult Services Class Schedule

## Heritage Place Opportunities

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
9:30 Art Class 12:00 Meals 1:00 Bid Whist 1:00 Canasta 6:00 Line Dance	9:00 Crocheting 9:00 RSVP Perks (1st) 10:30 Group Walk 11:00 Geri-fit 12:00 Meals 12:30 Pinochle/ 1:00 Rummikub 1:00 Quilting Group 1:00 Knitting Group	9:00 Basket Class (fall) 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support (2nd)	9:30 RSVP Card Class (2nd) 10:00 Jewelry 10:30 Group Walk 11:00 Geri-fit 11:30 Caregivers Group(4th) 11:30 Health Checks (4th) 12:00 Meals 1:00 Rummikub 1:00 Mexican train (1st)	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	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—5:00 pm	Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm
9:00 Art Class (group) 10:00 Modified PILATES 12:00 Meals 2:00 ZUMBA Gold 1:00 Tree Top Quilters(2nd) 3:00 Hospice Trg (2nd)	9:00 Baskets /Cribbage 9:00 Geri-Fit 10:00 Senior Crafts & fun 12:00 Meals 2:00 Gentle YOGA 3:15 Advanced Tai Chi 6:00 Line Dancing	9:00 Quilting Bee 9:00 RSVP Perks (1st) 9:30 Knitting Group 10:00 Beginning Tai Chi 12:00 Meals 1:00 Canasta/Bridge 2:00 Rummikub	9:00 Geri-fit/Cribbage 10:00 YOGA 10:00 Bingo 11:15 Tai Chi 12:00 Meals (BP Checks-3rd) 1:00 Quilting 1:00 Bridge/ Mahjong	11:00 Line Dance 12:00 Meals 12:00 Line dance 2 Caregivers Support ** **Call for info

Saturday –Facility  
Available for rentals

## Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

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.

Monday Open 5:00—8:00	Tuesday Open 5:00—8:00	Wednesday Open 5:00—8:00	Thursday Open 5:00—8:00	Friday Open 5:00—8:00
5:30 RPM Cycling 8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 5:30 BODYPUMP	5:30 RPM Cycling 8:30 Cardio Fit *new 9:40 YOGA 10:45 FIT OVER 50 5:30 BODY ATTACK 6:30 RPM Cycling	7:00 RPM Cycling 8:30 BODYPUMP 9:50 PILATES Massage by Appointment 5:30 BODYPUMP	5:30 RPM Cycling 9:30 Gentle Yoga 10:45 FIT OVER 50 5:30 RPM Cycling	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP

Saturday  
Open 8:00—2:30

SCHEDULE 2019