Helpful information to enhance senior living provided by Pender Adult Services



Topsail Center News

Greetings from Topsail Senior Center

It's the dog days of summer so please come visit; enjoy cool air conditioning and fellowship, work on a puzzle, pick out a book and take advantage of our activities.

We have Zumba Gold starting back on Mondays at 9 a.m. beginning Aug. 2, and a monthly caregiver's group meeting starting back on Friday, Aug. 20 at 11 a.m.

Bingo is back on Thursdays at 10:30 a.m.; join us and stay for lunch which is served beginning at 11:30 a.m. Lunch reservations can be made by calling the center one day in advance (910) 270-0708. Monthly menus available upon request.

Our afternoon games are back; Canasta and Rummikub on Wednesdays at 1 p.m., Bridge and Mahjong on Thursdays at 1 p.m. Come join us for line dancing class on Wednesday morning at 10:30 a.m. And for those of you who can't make it that early, beginning Sept. 7 we have a weekly Tuesday 4 p.m. class. Yoga will be back on Tuesdays beginning after Labor Day.

Please call the center late August for details. We would like to thank everyone who participated in Gorgeous Grandma Day. A good fun time was had by all, whether or not you were a grandmother, especially dressing up for pictures!

A big thank you to the Hampstead Women's Club for their continued support of the Meals on Wheels monthly goodie bags and donation of wipes and hand sanitizer. As always, we are so grateful for our RSVP volunteers who are simply the best! Stay safe and we hope to see you soon.

tinue to be very popular

on Tuesday and Thursday

We are offering a new

chair class on Fridays at

10:30 a.m. if you would like

to join us. This month our

Friday craft class will be

creating coasters. Please

sign up in time so we can

day afternoon. David Lu-

quire is heading this up. If

you are interested, please

leave your information on Jennifer's voicemail at

(910)259-9119 extension 307.

We would also like to start

a canasta group. Please let Jennifer know if you might

If you have ideas about

an activity, please do not

hesitate to contact Jen-

nifer Mathews, our Senior

Center Coordinator about a

time to gather! (910)259-9119

extension 303. Please see

our July events schedule

and join us for healthy

be interest.

We are looking for bridge players for Wednes-

get everything together.

We found an early photo of our RSVP volunteers from July 2011. This was likely our first RSVP volunteer event was held at Topsail Senior Center when this photo was taken.

RSVP News

Wes Davis, Pender Adult Services Executive Director introduced Teresa Ennis as our new interim Director for Pender AmeriCorps Seniors RSVP to our volunteers at our July Perks meeting. Our next Perks meeting will be Sept. 7 at Heritage Place and Sept. 8 at Topsail Senior Center.

RSVP volunteers are age 55 and older, and can choose from a variety of volunteer activities that meet their needs. We also offer focused training and a variety of social opportunities to ensure volunteers have useful and rich experiences as they touch the lives of others in our community. If you would like to help others and have two-plus hours a weekly to share, please contact us at (910)259-9119, Ext 329 or email tennis@penderpas. com.



Pender Adult Services Director Wes Davis and Teresa Ennis, Interim RSVP Director.

Gorgeous Grandmas

Gorgeous Grandmas was celebrated at Heritage Place and the Topsail Senior Center. The ladies had a fun time posing for photos.





CONTRACTOR OF

jong on Thursdays at 1 hope to see you soon. Heritage Place Happenings

As you can see from the photos, we had such fun with our gorgeous grandmas! Everyone enjoyed getting a bit sassy for our photo booth!

Our Quilters have been very busy and are doing a Quilt Raffle. The drawing will be November 8, 2021 and will benefit several local charities including Pender Adult Services. Please drop by and purchase a ticket.

The history of this quilt is quite interesting. The vintage quilt top was found at a Burgaw thrift store. It contains fabrics from the late 1950s and early 1960s. It also includes some feed sack fabric. The quilt appears to have been appliquéd by numerous women.

The quilt top was stabilized with lightweight interfacing to preserve the stitching. Thank you to Teresa and our Heritage Place quilting group!

Our Geri-fit classes con- fun

Do you or someone you

know have Medicare Part D or Medicare Advantage Plan?

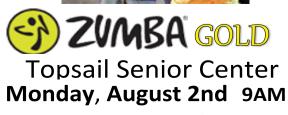
SHIIP can help you compare plans and determine if a change is needed.

> Review Plans Annually during Open Enrollment Period October 15 – December 7 Call (910) 259-9119 X 307 NCShiip.com 855-408-1515



NC DEPARTMENT OF INSURANCE SENIORS' HEALTH INSURANCE INFORMATION PROGRAM





Monthly rate \$12 Roxanna Hagerty Instructor













August Events 2021

portunities available with

internet access and a basic

understanding of technol-

ogy," says CITRIS Health

director and Lighthouse

project lead David Linde-

man. "We're eager to see

this program replicated

to improve equity in tele-

help other organizations

implement similar pro-

For resources that can

health."

August 3 – National Watermelon Day August 4 - Birthday Bingo(HP) at 10:30am

Closing the technology gap for seniors is important

Google device, one partici-

pant stated, "Being able to

connect visually with fam-

ily and friends. And visu-

the project say they hope

its success will serve as a

model for other such pro-

much to gain from the con-

nections and health care op-

Those at the helm of

"Older adults have so

PENDER ADULT SERVICES, INC.

August 8 – 13 – National <u>Smile</u> Week

August 25 – National Banana Split Day

August 31 – National Eat Outside Day

August 20 – HP Craft Day at 11 am

August 22 – Be an Angel Day

VACCINATION

DISEASES

PROTECTS US FROM

August 12 – Senior Topic– Area Fraud 12 noon (HP)

Decorative Coasters - sign up by Tues, Aug 17th

RSVP -No Perks meeting in August – Next meetings September 7th & 8th

SAVE THE DATE – PAS Auction

November 4, 2021

ally means a lot.

grams.

brought with it a rapid acceleration of telehealth as people looked for ways to access care safely. While technology kept many in the United States connected to care and loved ones, many low-income older adults were left behind by the sudden need to understand and access technology and internet services.

However, among those who could stand to benefit the most from these services are 22 million older adults (ages 65 and above) in the United States who don't have broadband access at home. What's more,

The COVID-19 pandemic older adults (ages 62 and based technical support to above) with an income below \$25,000 are 10 times more likely to be offline at home. Many older adults lack the technological literacy needed to leverage digital resources for health and social support.

New efforts are helping to address these inequities. CITRIS Health, an organization dedicated to advancing the well-being of older adults and family caregivers with enabling technology, recently launched "Lighthouse for Older Adults." This project is offering one-on-one training, inlanguage support and peer-

equip older adult residents of affordable housing communities with high-speed broadband access. userfriendly devices and digital literacy training.

Following an initial pilot, participants reported both an increase in device usage as well as confidence in using their devices. Technology helped to connect them to loved ones they were isolated from, and improved their overall health and wellbeing by reducing social isolation and loneli-

When asked about their favorite part of using a

R.N. POSITION

Part-time Registered Nurse position available with nonprofit rural health organization in Pender County. Responsible for home visits and performing client assessments under Medicaid provided assessment tool. Must have R.N. license and at least one year of home care experience Driver's License Required.

Please forward resume with references to: Wesley B. Davis, Executive Director, Pender Adult Services, P.O. Box 1251, Burgaw, N.C. 28425

PENDER ADULT SERVICES, INC. **PROJECT DIRECTOR JOB ADVERTISEMENT JOB TITLE:** Ameri-Corp (RSVP) Program Director

Ameri-Corp (RSVP) Director position sponsored by Pender Adult Services, Inc. to manage Pender RSVP program. Director works cooperatively with sponsor staff, Community Advisory Group, volunteers, Ameri-Corp Senior Program to plan and implement RSVP project. Project director responsible for public relations and administration of program including compliance with grant/federal regulations. Bachelor's Degree and experience working with over 55 population. Strong volunteer and general management experience required. Computer literacy and car required. Subject to background check. Equal Opportunity Employer Send Resume to: Wesley B. Davis, Executive Director, wdavis@penderpas.com, Pender Adult Services, Inc., P. O. Box 1251, Burgaw, NC 28425

DRIVERS NEEDED

PAS-TRAN is now hiring Drivers. Applications available at 901 S Walker Street Weekdays only

Call 910-259-9119 X press 1 for more information



August is Immunization Awareness Month

Since 1796 with Edward Jenner's successful use of cowpox material to create immunity to smallpox, immunizations or accines have been safely given to people to help protect them from certain iseases. Over the years vaccines have helped prevent or significantly reduce utbreaks of many diseases. Some of the most common diseases that accinations can prevent are:

> Shingles Influenza Hepatitis A and B Chickenpox Measles, Mumps and Rubella Tetanus and Diphtheria Human Papillomavirus Streptococcus pneumococcal pneumonia Pertussis

Infections acquired with international travel nmendations for which vaccines you should have depend on many things such as your age, health status, gender and family history. Take measures to live healthier life by getting educated on the right vaccines for you and your family. lake informed decisions by discussing with your healthcare team which vaccines re best for you!

Visit the CDC website for more information: <u>www.cdc.gov/vaccines</u>

If you need help scheduling a Covid Vaccine. please call us (910)259-9119, X 301







Find us on the Web: fitnessfusiononline.com Facebook. fitnessfusionnc

GROUP FITNESS CLASSES At Heritage Place Pavilion

ALL CLASSES BY RESERVATION ONLY! - Call the gym to reserve your spot!

6 am – 8 pm	6 am – 8 pm	6 am – 8pm	6 am– 8 pm	6am—8 pm	8am—12noon
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	6:30am	8:00am	6:30am	8:00am	9:00 Body
Body Pump	RPM	Body Pump	RPM	Body Pump	Combat
9:45 am	9:45	10:45am	10:30am	Zoom	
Fit Over Fifty	Yoga	Pilates	Geri-fit	Pilates	Close at noon
5:30pm	5:30pm	5:30pm	5:30pm		Sunday
Body Pump	RPM	Body Pump	RPM		CLOSED

Pender Adult Services - August 2021





Need help with Covid vaccine?

Call us 910-259-9119 X 301

grams, visit the Lighthouse project page on the CITRIS Health website, citris-uc. org. The COVID-19 pandemic has made it clear that technology literacy and access are more crucial for older adults than ever before. When it comes to improving the health and well-being of communities, addressing this gap is essential.(StatePoint)

Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5
Pork BBQ	Spaghetti and Meat Sauce	Roast Turkey/Gravy	Chicken & Dumplings	Chef Salad with Grilled
Boiled Potatoes		Rice		Chicken / Dressing
Collard Greens	Tossed Salad/Dressing	Summer Squash/Onions	California Mixed Vegetables	Pasta Salad
Seasonal Fruit	Pineapple Tidbits	Peaches	Tropical Fruit Cup	Fresh Orange
Corn Muffin/Margarine	Garlic Knot	Biscuit	WW Roll/Margarine	Crackers
2% Milk	2% Milk	2% Milk	2 % Milk	2 % Milk
	9 1	0 1	1 1	and the second se
Oven Fried Fish	Cheeseburger on Bun	Cubed Pork Steak/Gravy	Mango Glazed Chicken	Deli Sandwich
Baked Beans	Sweet Potato Tots	Rice Pilaf	Potatoes Au Gratin	Tomato/Lettuce Slice
Coleslaw	Tomato/Lettuce Slice	Tuscan Blend Vegetables	Green Beans	Potato Salad
Pears	Apple Cobbler	Mandarin Oranges	Fruit Cup	Banana
Hushpuppies/Margarine		WW Roll/Margarine	Biscult	
2% Milk	2 % Milk	2 % Milk	2 % Milk	2% Milk
the second se	16 1		8 1	and the second se
Baked Ziti with	Chicken Tenders/Ranch Drsg	Beef/Noodle Casserole	Hot Dog	Chicken Salad Sandwich
Meat Sauce	Seasoned Potato Wedge		Baked Beans	Three Bean Salad
Tossed Salad/Dressing	Broccoli with Cheese Sauce	Mixed Vegetables	Coleslaw	Applesauce
Seasonal Fruit	Peaches	Fruit Cocktail	Fresh Orange	Granola Bar
Bread Stick	WW Roll/Margarine	Biscuit	Hot Dog Bun	Bun
2% Mik	2 % Milk	2 % Milk	2 % Milk	2% Milk
	23 24	4 2	A REAL PROPERTY OF A READ PROPERTY OF A REAL PROPER	and the second design of the
Smoked Sausage	Salisbury Steak	Lasagna	Mango Glazed Chicken	Pimento Cheese Sandwich
Butter Beans	Mashed Potatoes/Gravy	Tossed Vegetable Salad	Macaroni & Cheese	Sun Chips
Steamed Cabbage	Tomato/Cucumber Salad		Stir Fried Vegetables	Tomato Juice
Seasonal Fruit	Peaches	Tropical Fruit	Fruit of Choice	Fruit Cup
Biscuit/Margarine	Biscuit/Margarine	Bread Stick	Egg Roll	
2 % Milk	2 % Milk	2% Mik	2 % Milk	2 % Milk
	30 3	1		
Oven Baked Chicken	Meatballs in Mushroom Gravy	Meat - at least 2 oz	Reviewed By:	**Due to food sourcing
Rice Pilaf	over Butter Noodles	Casserole - 6 oz		issues secondary to post
Broccoli	Green Beans	Veg/Fruit - 1/2 c	Burns adapting the sol	Covid, menu changes
Fruit Salad	Pears	Juice - 6 oz		may be made.
WW Roll/Margarine	Biscuit/Margarine	Season with marg or veg oil		
2% Milk	2% Milk	Bread - 1 each		