



Pass it on.

The Pender-Topsail
POST
& Voice

August
2022



Topsail Center News

By Donna Murphrey
Topsail Center Director

The summer heat has certainly arrived. If you want to cool off, come on in and visit! Mondays we have Art Group at 9 a.m., a group of wood carvers and painters followed by Pilates with Amy at 10 a.m. Tuesdays start with Geri-Fit at 9 a.m. and Senior Fellowship/Crafts at 10 a.m. Intermediate Tai Chi rounds off the afternoon at 1 p.m.

Wednesdays begin with Quilting 9 a.m. and Line Dancing at 10:30 a.m. followed by card games in the afternoon; Canasta and Rummikub. Thursdays Geri-Fit at 9 a.m., beginner's Tai Chi at 10 a.m., Bingo at 10:30 a.m. (everyone loves Bingo) and Yoga at 11 a.m. with Bridge and Mahjong in the afternoon.

We serve lunch daily from 11:30-Noon (for a suggested donation of \$2.50 if you are 60 or older) and there is always a good cup of coffee or tea waiting for you and a puzzle to work! We still have Fran's fans to give away; call the center for more information.

On Thursday, Aug. 4 we will discuss Disaster Prep since we are in hurricane season and celebrate Watermelon Day with some fresh watermelon. We will be going to Heritage Place in Burgaw for the The Harmony Belles Aug. 23. We will have a van leaving Topsail Senior Center at 10 a.m. to join them for the concert and lunch. If you would like to join us, please call the center at 910-270-0708, and reservations are required.

We would like to thank everyone who participated in our Gorgeous Grandma Day last Thursday. It was a fun day with pictures in our Margaritaville photo booth and sherbet floats after lunch. Also, a big thank you to everyone who participated in the Age My Way NC presentation and survey, giving important input for the future of seniors in our state.

The center will be closed Monday, Sept. 5 in observance of Labor Day. We wish everyone a happy and safe Labor Day Holiday!



PAS travelers enjoyed a stop and cooking class in New Orleans during their recent trip. The next trip is a holiday excursion to Charleston. See more information on the Charleston trip below.

Charleston Festival of Lights trip planned for December

Pender Adult Services is planning a Holiday Festival of Lights in Historic Charleston for Dec. 14-16. The three day/two night package includes: two nights hotel with two complimentary breakfast.

Also included is one Holiday Dinner Cruise aboard *The Spirit of Carolina*, one Dinner at The Charleston Crab House on James Island and James Island Holiday Festival of Lights, a guided tour of Historic Charleston, tea,

tour and trolley at the Charleston Tea Plantation, and holiday shopping at Charleston's Historic City Market.

For more information, Please contact: Jennifer Mathews @ 910-259-9119, ext. 303. The cost is \$450 per person,

double occupancy, \$560 per person single occupancy. Travel protection is available. Reservations are now open with a \$150 deposit and registration form required.

What is more precious than gold?

RSVP volunteer gives her time to help kids read

When I was first introduced to a group of volunteers at the Burgaw Heritage Place I was drawn to a woman with a smile that was contagious. She seemed to attract people at the Center and leaned in to speak with people. You know, she was one of those people that you could tell genuinely liked to listen to what others had to say.

I asked someone what her name was, not once, but more than two times at least. I had never heard a name like hers. Her first name is as unique as she is. Mary Louise, Mary Ellen....no, Mary Lois. Okay, so it took me awhile to get that name down, but it only to me a minute to get her smile and glowing personality etched in my mind.

So, I asked her if I could interview her for an article about volunteers of RSVP (Retired Seniors Volunteer Program). She smiled sheepishly and said, "Yes, but I don't really do anything special." Mary Lois Wulzyn is one of those



Mary Lois Wulzyn

volunteers that does many things for our program, yet even if she didn't do many things she would do something

merely by being part of the group. She makes you feel good talking with her and listening to her.

Mary Lois volunteers in the schools as a Reading Buddy. She told me that she has done this for many years. I asked her what made her want to be a Reading Buddy. She told me she loves children; she has six of her own. "There is nothing like walking into a classroom and having those children run up to you and wanting to hug you.

When you are out and about town and see one of them, they are excited to see you!" Mary Lois let me know that she was a bit hesitant to volunteer in the schools. "Cathy, I don't have a high school diploma. I didn't think I could be a Reading Buddy or help in the classroom, but I can and I love it."

A few weeks ago, I noticed as many others at the Center did, that Mary Lois hadn't been for a couple of weeks.

Where was Mary Lois? We were missing her! She was on vacation at the beach with her family! Mary Lois is one of those people that everyone misses being around.

She volunteers through RSVP by calling homebound seniors weekly some many times a week and she visits other homebound seniors. She also takes the time to participate in the card classes at the Center.

Mary Lois told me, "Our time is much more precious than anything else that we have. I share the most precious thing I have, my time, with others." I asked her how long she think she will continue to volunteer Mary Lois just laughed and said, "as long as I can get around and do things for others."

If you are interested in being part of RSVP and giving some of your precious time to others, call Cathy Guidry at 910-259-9119, ext. 329.

Pender Adult Services Annual Silent Auction and Gala scheduled for Nov. 10

Pender Adult Services is excited to announce the return of our Silent Auction & Gala for the first time since 2019. This fun-filled evening with delicious appetizers, soups, salads & entrees will delight the palate. Wine, desserts, dancing, and a fantastic silent auction are also included.

The event will be held Nov. 10, and advance tickets are available at the center.

Proceeds from this event will benefit the agency's Senior Center and Meals on Wheels Program. Many older adults in Pender County are homebound and suffer from poor nutrition, and the numbers

are growing.

The Meals on Wheels Program provides a warm well-balanced meal to these seniors across Pender County. This event is a special opportunity to support those in need in our community.

We are thrilled this event is returning to Pender County. Our long

term goal is to raise adequate funds to eliminate the waiting list, which depends upon the support of the local community. We trust you or your business will choose to participate in this endeavor to meet the needs of Pender County's elderly.

For more information, contact Wes Davis, Executive Director. You

may come by the Agency to get the sponsorship information. Advance tickets will be available at Heritage Place or Fitness Fusion.

If your business would like to contribute an item for the Silent Auction, please contact Jennifer Mathews, Senior Center Coordinator at 910-259-9119 ext. 303.



Pender Adult Services is a private non-profit agency dedicated to promoting healthy and fulfilling lives. Join us for healthy fun, learning activities, creative arts, volunteer opportunities, socialization, games and activities.

[Want to know more? Give us a call...](#)

[Heritage Place](#)
901 S Walker St
Burgaw, NC 28425
(910) 259-9119

[Topsail Senior Center](#)
20959 Hwy 17
Hampstead, NC 28443
(910) 270-0708

[Fitness Fusion](#)
903 S Walker St
Burgaw, NC 28425
(910)259-0422

Find us online: www.penderpas.com

On Facebook: [Pender Adult Services](#)

Georgious Grandma Day at the Topsail Senior Center



Retirement

Carolyn Gayford retired from Pender Adult Services July 29. We will miss her greatly! Congratulations on your retirement Carolyn.

FIRST THURSDAY SOCIAL & DANCE

AUGUST 4th

7pm—10pm

Admission \$12 each

Meeting at Heritage Place

901 S Walker Street Burgaw, NC

For more info: Gary Pridgen @ 910-789-0180

Next Gathering will be Sept 1st!!

Operation Fan – Heat Relief

This summer program is intended to provide a more comfortable living environment and reduce heat related illnesses. Applications are being processed and reviewed for approval. Fans provided by Duke Power, Four County Electric & Fran’s Fans.

In order to receive a fan you must reside in county; Be an adult 60 years of age or older or with a disability; and have a home situation where a threat to health and well-being exists (heat related illness). Those who have received a fan from us before will not be eligible unless approved. Please call 259-9119, ext 0 for more information or come by and complete a form.

Thank you to Duke Power, Four County Electric & Fran’s Fans for your assistance with this program.

Pender Adult Services

STATE FAIR 2022

October 18, 2022

Cost: \$35 transportation fee

call 259-9119 for more information

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.

Have a questions?

Give us a call.

910-259-9119 Press 5

Memorial and Honorary Giving Program

Contributions have been received recently from

All Saints Catholic Church

Busy Bee Quilters

Hampstead Women’s Club

Kiwanis of Burgaw

Wesleyan Chapel United Methodist Church

Special Thanks to

Pender Co SHIIP Volunteers

RSVP Meals on Wheels Volunteers

Sue Tompkins MOW since 1996

Larry Hilgeman MOW since 2004

Thank you for your years of service at Topsail!!

Have you considered a gift to Pender Adult Services, Inc.? 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.

Welcome to August 2022 at Pender Adult Services

Celebrating 40 years of making a difference across Pender County!

National Immunization Month

Questions? Want to know more? Give us a call or stop by!

Heritage Place (HP) 901 S. Walker St., Burgaw 910 259 9119

Topsail Senior Center (TSC) 2095J Highway 17, Hampstead 910 270 0708

Date Center Event Info

8/1-5	Hunt for Happiness Week
8/2 HP	RSVP Perks, 9AM
8/3 TSC	RSVP Perks, 9AM
8/3 HP	Lower CF Life Care Sponsors Bingo – 10:30am
8/3 HP	Disaster Prep & Watermelon Day 11:30AM
8/4 TSC	Disaster prep & Watermelon Day at TSC 11:30 AM
8/4 HP	Thursday Social & Dance, 7:00 – 10:00 pm *Fee
8/8 TSC	AmeriCorps Seniors RSVP Card Class *(sign up required), 11:00 AM
8/8 Both	Happiness Happens Day
8/15 HP	AmeriCorps Seniors RSVP Card Class *(sign-up required), 9:45AM
8/17 HP	Blind Support Group, 1:00PM
8/18 TSC	Serendipity Day – Admit your Happy Month
8/19 HP	Craft Day – 10:00 *Sign up required
8/23 HP	Be An Angel Day – Harmony Belles Sing at HP

Would you like to participate in WALK WITH EASE Class this Fall? Contact Jennifer at HP

Save the Date –Silent Auction at Heritage Place- November 10, 2022

Senior Day at the NC State Fair October 18, 2022

Are you interested in going??

The cost for the bus has gone up – Estimate is: \$37 pp

Let Jennifer know if interested...

Holiday Charleston Trip December 14 – 16, 2022

Cost: \$450 (Double Occupancy)

Reservations open August 3rd (\$150 Deposit Required)

Senior Legal Helpline

1-877-579-7562 (toll-free intake line)

9 a.m. – 3 p.m. Monday – Friday

If you would like to learn more about Senior Legal Helpline, join us on Tuesday, September 6 at Heritage Place at 11:30 for lunch, presentation starts at 11:55pm. Janet Coleman will be joining us to talk about LEGAL AID and ELDER ABUSE. Mark your calendar!!

Legal Aid of NC’s Senior Legal Helpline provides free legal help to North Carolinians who are 60 years of

SHIIP

SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-408-1212 (toll free) • www.ncdoi.gov

AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

Vaccines are an important step in protecting against serious and sometimes deadly diseases. Even healthy adults can become seriously ill and can pass certain illnesses on to others.

Immunizations are especially important for older adults and for adults with chronic conditions such as asthma, COPD, diabetes, or heart disease.

Medicare covers a number of vaccines for beneficiaries under Medicare Part B and the Medicare prescription drug plans (Part D).

Ask a SHIIP counselor for more information.

FOR MORE INFORMATION CONTACT: JENNIFER MATHEWS @ 910-259-9119

Pender Adult Services - August 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Roast Turkey/Gravy Baked Beans Summer Squash/Onions Peaches Biscuit 2% Milk	2 Spaghetti and Meat Balls Tossed Salad/Dressing Pineapple Tidbits Garlic Knot 2% Milk	3 Citrus Glazed Pork Chop Red Skin Potato Wedge Collard Greens Seasonal Fruit Corn Muffin/Margarine 2% Milk	4 Chicken & Dumplings California Mixed Vegetables Tropical Fruit Cup WW Roll/Margarine 2% Milk	5 Chef Salad with Grilled Chicken/ Dressing Pasta Salad Fresh Orange Crackers 2% Milk
8 Oven Fried Fish Baked Beans Coleslaw Pears Hushpuppies/Margarine 2% Milk	9 Cheesburger on Bun Sweet Potato Tots Cucumber/Tomato Salad Apple Cobbler 2% Milk	10 Cubed Pork Steak/Gravy Rice Pilaf Tuscan Blend Vegetables Mandarin Oranges WW Roll/Margarine 2% Milk	11 Mango Glazed Chicken Potatoes Au Gratin Green Beans Fruit Cup Biscuit 2% Milk	12 Deli Sandwich Tomato/Lettuce Slice Potato Salad Barana 2% Milk
15 Cheese Tortellini with Meat Sauce Tossed Salad/Dressing Seasonal Fruit Bread Stick 2% Milk	16 Chicken Tenders/Ranch Drsg Seasoned Potato Wedge Broccoli with Cheese Sauce Peaches WW Roll/Margarine 2% Milk	17 Beef/Noodle Casserole Baby Carrots Fruit Cocktail Biscuit 2% Milk	18 Hot Dog on Bun Baked Beans Coleslaw Fresh Orange 2% Milk	19 Chicken Salad Sandwich Three Bean Salad Applesauce Granola Bar Bun 2% Milk
22 Smoked Sausage Mashed Potatoes/Gravy Steamed Cabbage Seasonal Fruit Biscuit/Margarine 2% Milk	23 Chicken Cordon Bleu Rice Pilaf California Blend Vegetables Peaches Biscuit/Margarine 2% Milk	24 Lasagna Tossed Vegetable Salad Tropical Fruit Bread Stick 2% Milk	25 Mango Glazed Chicken Macaroni & Cheese Stir Fried Vegetables Fruit of Choice WW Roll/Margarine 2% Milk	26 Tuna Salad Sandwich Syn Chips Tomato/Lettuce Slice Fruit Cup String Cheese 2% Milk
29 Oven Baked Chicken Potato Wedges Broccoli Fruit Salad WW Roll/Margarine 2% Milk	30 Meatballs in Gravy over Butter Noodles Tuscan Blend Vegetables Pears Biscuit/Margarine 2% Milk	31 Meat - at least 2 oz. Casserole - 5 oz Veg/Fruit - 1/2 c Juice - 8 oz Bread - 1 each	Reviewed By: <i>Kathleen Jackson, RD, RDH</i>	**Due to food sourcing issues, menu changes may be made.